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*Hand-set with two
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*Finely hand-crafted
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Shown actual size

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*Arrives in an attractive keepsake case
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The 94-acre estate vineyard at the Biltmore lies along the French Broad River. (Photo by James Valentine)

See our story on North Carolina's wineries and vineyards, pages 26-27.





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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

How Democracy Works

By Keith R. Beavers



About 140 of us visited Congress in May representing our cooperatives, and there's no doubt that this is a highly charged political season. The presidential campaigns and the November general election have a lot to do with it, but the issues facing the Congress these days also have our representatives and their staffs working overtime. One House member, G.K. Butterfield, who represents 23 counties in northeastern North Carolina, told us that he typically works 14 to 16 hours per day.

We were there to discuss topics related to our electricity supply and service, as well as the economic and cultural progress of our regions in North Carolina. Our co-op's staff and board members have always stayed in close contact with legislators and policymakers to make sure your voice and your concerns are heard. Recently, issues such as climate change, energy prices, and rural economic development have been high on the Congressional agenda.

Another point that Rep. Butterfield made in his morning talk to our group was this: "I am your natural ally. We serve the same people." He said he fully understands that electric cooperatives "as democratically-governed businesses are truly customer-driven and not profit-driven." As the vice chair of the Subcommittee on Energy and Air Quality of the powerful House Energy and Commerce Committee, Rep. Butterfield is in the thick of the debate on climate change and energy issues. While recognizing the need for action on climate change, he said he knows that "any extra costs associated with policy aimed at reducing carbon emissions will be passed directly on to the consumers. That means higher utility bills on top of higher gas and food prices. This is untenable for many of my constituents and your customers."

Our two U.S. Senators—Elizabeth Dole and Richard Burr—also met with all of us. We had an opportunity to explain our concerns to them, including how a major Senate bill aimed at reducing carbon emissions from power plants could seriously affect your electric bill and our nation's security. We also pushed for new incentives to encourage development of efficient and safe nuclear power facilities, renewable energy sources, and technologies for cleanly burning coal, our most abundant domestic energy resource. It's reassuring to know that we can make a real impact on Capitol Hill when we work for our consumers. It is a real benefit to the people we serve that we get the opportunity to hear our Senators' views first hand, especially at a time when energy issues are front and center in Congress.

Those of us representing Tri-County EMC in southeastern North Carolina also met with our Congressional representatives Rep. Bob Etheridge, Rep. Walter Jones Jr., and Rep. Mike McIntyre. We talked with them about similar issues and also thanked them for supporting the major "Farm Bill" that passed this year and will benefit many of our citizens. During these sessions, we also could discuss projects that are specific to our areas, such as business and tourism development, highways and bridges, waterways, and our state's military bases.

Your Congressional delegation wants to hear from you this election season. As Rep. Butterfield told us, "This is how democracy works."

Keith R. Beavers is a farmer in Duplin and Wayne counties. He is an elected member of the board of directors of Tri-County EMC, the Touchstone Energy cooperative serving more than 23,000 member accounts in parts of Wayne, Duplin, Lenoir, Johnston, Jones, Sampson and Wilson counties.

You know you love Grandfather Mountain if...

All the best times in your 55 years of life have been spent on Grandfather Mountain.

You lived on the side of or in sight of it until you were 17 years old.

Your mother and daddy met there and were married there and raised seven children nearby.

Your mother considered the mountain sacred and your family has their reunion in a small campsite when the "Singing on the Mountain" is celebrated every year, the fourth Sunday in June.

For his fifth birthday, your grandson wanted the rock from the campsite that generations of one family have played on.

Your mother and sisters took you with them to pick strawberries and sat you in the middle of the patch on a quilt and kept you there by bringing bowl after bowl of capped berries, until they had picked all they could carry.

In 1959, helicopters flew in giant boxes of food to the people on our Mountain because the snow was almost 12 feet deep.

Your mother stood on your Grandpa Gragg's front porch with three little boys and watched the "40" flood wash away the whole side of the mountain and prayed God wouldn't take them all away from each other.

You climbed the mountainside with your parents and pulled Galax (a type of leaf that grows as ground cover and is used in medicines and as decorations in wreaths), then Daddy sold them for \$1 per 1,000 to the Sluder Company in Boone.

You cut pine tips and made roping in 25- and 50-foot lengths also to sell to Sluder to be used in big cities at Christmas.

Your grandma used small sections of her birch whipping switch for her snuff toothbrush.

You learned quickly that birch is the strongest, toughest tree on the Mountain.

We all care for and watch over all the Mountain's wildlife.

In memory of my parents, Grant and Earlean Gragg, and Hugh Morton. Only they loved our Mountain more than we do.

Evelyn Gragg Church, Rutherford EMC

Got your "Economic Stimulus Payment"?

It is not too late to file tax returns to receive federal "Economic Stimulus Payments." Retirees, disabled veterans and low-wage workers who do not normally file can still file a 2007 tax return by Oct. 15, 2008, and receive Economic Stimulus Payments.

To be eligible, taxpayers must have a valid Social Security number, \$3,000 of income and they must file a 2007 federal tax return. Eligible taxpayers will receive up to \$600 if filing single or up to \$1,200 for married couples. Parents with qualifying children under 17 will receive an additional \$300 per eligible child. Those with no tax liability, including low-income workers with at least \$3,000 income will receive \$300 if filing single, and \$600 for married couples. For more information, visit the IRS Web site at www.irs.gov or call the IRS Tax Help line at 1-800-829-1040.

ebbie Stewart-Harper, Senior Stakeholder Relationship Tax Consultant, Internal Revenue Service, Raleigh



Bright Ideas chicks

Our kindergarten classes would like to thank Haywood EMC and the Bright Ideas grant program for helping us acquire the materials we needed for this project. We were able to hatch baby chicks and ducks with our brand new incubators.

Louise Noland, Junaluska Elementary



Watermelon girls

These are our granddaughters during watermelon season.

Raymond & Maryellen Hoefer, Maggie Valley

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WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 8 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our August issue, will receive \$25.

June winner:

The June photo showed the Phillips place in the Fleetwood community of Ashe County on the right-hand side of Hwy. 221 heading north between Deep Gap and West Jefferson. The correct answers were numbered and the \$25 winner chosen at random was Nolan Walters of Fleetwood, a member of Blue Ridge Electric.



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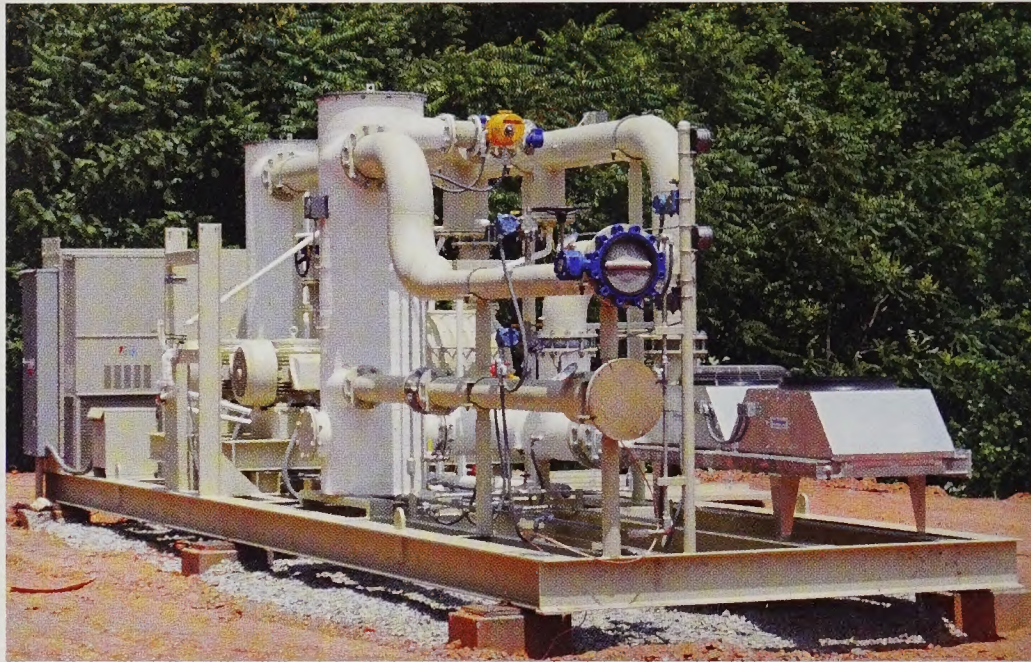
EnergyUnited will buy electric power made from Iredell County landfill gas

EnergyUnited, the Touchstone Energy cooperative serving 117,000 member accounts in 19 North Carolina counties, stretching from Virginia to northern Mecklenburg County, has partnered with DTE Biomass Energy to convert methane gas from the Iredell County Landfill into energy. This is EnergyUnited's first renewable-energy source procurement since the recently-passed state legislation requiring a portion of electric utilities' energy to come from renewable sources.

"We are always trying to find ways to be an environmentally-responsible business and are delighted by our partnership with DTE Biomass," said Alec Natt, EnergyUnited chief financial officer.

EnergyUnited will purchase up to 4,500 kilowatts of energy per hour from DTE Biomass' landfill gas-to-energy project. "The electricity produced will be enough to power more than 3,000 Iredell County residences," Natt said.

The project includes two 1.6-megawatt generators that will continuously turn the landfill gas into "green" energy. DTE Biomass will upgrade the existing well field at the Iredell County landfill and install additional gas collection wells in the newest section of the landfill. Production is scheduled to begin in August and the plant will be expanded as the landfill produces additional methane.



The fuel skid at EnergyUnited's Iredell County landfill gas facility will process, compress and prepare underground methane gas to be burned in generators for producing electricity.

The partnership with DTE Biomass Energy will be the first in EnergyUnited's renewable energy portfolio. EnergyUnited is pursuing other local opportunities to expand that portfolio.

"As an electric cooperative, we are owned by our consumers," Natt said. "Our primary economic driver is not to increase our bottom line, but to maintain the lowest possible retail rates for our consumers. Not only is this renewable energy project the environmentally-conscious thing to do, but it will be an economical source of

renewable energy for our members."

Said Mark Cousino, DTE Biomass Energy president: "As one of the nation's leaders in landfill gas recovery, we're excited about helping EnergyUnited realize its first renewable energy project as well as expand our presence in North Carolina and the mid-Atlantic region. This project will build on our expertise in turning an otherwise wasted byproduct into a valuable energy resource."

DTE operates 25 landfill gas sites nationwide in which the methane gas is converted into some form of power.

Brunswick EMC reads all electric meters automatically

Brunswick EMC, the Touchstone Energy cooperatives serving about 80,000 member accounts in Columbus, Brunswick and parts of Bladen and Robeson counties, has converted the meters of its entire membership from traditional meters to meters compatible with an "automated meter reading" (AMR) system.

When Brunswick EMC launched its pilot program in July 2005, the cooperative had 75,000 meters. Like many electric cooperatives in the state, population in Brunswick EMC's territory is growing. Even though the co-op was adding more meters than expected, employees were able to install all 80,000 meters in less than three years, nearly half the time they anticipated this project would take.

An AMR system allows utilities to read meters from truck and send the collected data back to the utility office for billing and analysis.

Brunswick EMC believes the AMR system will help gain efficiency, improve reliability and provide better energy information to members. Other benefits include:

- Never having to be on a member's property to read a meter.
- Faster service for name changes, new connections and disconnections.
- Power quality diagnostics to help determine the source of outages, leading to faster restoration.

Try This!

Q: If I use a fan in a room in summer, can I save energy?

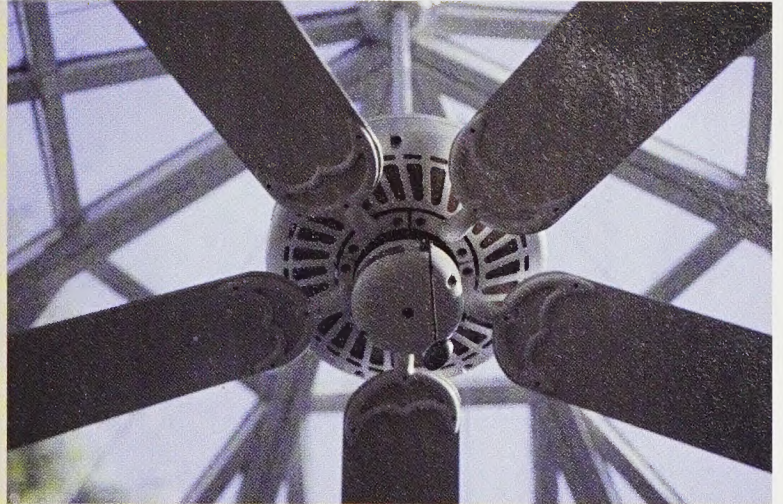
A: Circulating fans include ceiling fans, table fans, floor fans and fans mounted to poles or walls. These devices create a wind chill effect that will make you more comfortable in your home, even if it's cooled by natural ventilation or air conditioning. Ceiling fans are considered the most effective of these fans.

If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4 degrees Fahrenheit with no reduction in comfort. During moderately hot weather, ceiling fans may allow you to avoid using your air conditioner altogether. Install a fan in each room that needs to be cooled during hot weather.

Ceiling fans are only appropriate in rooms with ceilings at least 8 feet high. Fans work best when the blades are 7 to 9 feet above the floor and 10 to 12 inches below the ceiling. Fans should be installed so the blades are no closer than 8 inches from the ceiling and 18 inches from the walls.

Larger ceiling fans can move more air than smaller fans. A 36- or 44-inch diameter fan will cool rooms up to 225 square feet, while fans that are 52 inches or more should be used in larger rooms. Multiple fans work best in rooms longer than 18 feet. Small- and medium-sized fans will provide efficient cooling in a 4- to 6-foot diameter area, while larger fans are effective up to 10 feet.

A larger blade will also provide comparable cooling at a lower velocity than a smaller blade. This may be important in areas where loose papers or other objects



will be disturbed by a strong breeze. The fan should also be fitted to the aesthetics of the room—a large fan may appear overpowering in a small room.

A more expensive fan that operates quietly and smoothly will probably offer more trouble-free service than cheaper units. Check the noise ratings, and, if possible, listen to the fan in operation before you buy it.

When buying window fans, look for the ENERGY STAR® label. Fans that earn the label move air 20 percent more efficiently, on average, than standard models.

Source: U.S. Department of Energy Office of Energy Efficiency and Renewable Energy

Can you help others save energy?

Send your conservation ideas or questions to us.

P.O. Box 27306, Raleigh, NC 27611,
or E-mail: editor@carolinacountry.com



Mike Johnson (left), technical services coordinator for Edgecombe-Martin County EMC in Tarboro, is congratulated by CEO Bob McDuffie for earning his Associates Degree in Applied Science Electric Lineman Technology from Nash Community College. Johnson has been with the cooperative 18 years. The college degree program at Nash is offered with the North Carolina Association of Electric Cooperatives and is considered a national model for education and training.

Are you prepared for a hurricane?

North Carolina's electric cooperatives are urging residents across the state to have a dependable plan in place in preparation for this year's hurricane season.

The National Oceanic and Atmospheric Administration's (NOAA) Climate Prediction Center forecasts that this season will yield considerable activity and 12 to 16 named storms, including six to nine hurricanes and two to five major hurricanes. The 2008 hurricane season officially runs from June 1 through November.

- Develop an evacuation route plan in advance. The plan should identify the safest routes and closest shelters.
- Not all emergency shelters allow pets. Contact your local humane society to learn the animal shelters that accept pets during disasters.
- Create a family disaster supply kit and be sure to include the following: a battery operated radio, flashlights, a first aid kit, non-perishable food items, a three-day water supply, a non-electric can opener, medicines, cash and credit cards.
- Teach children to call 911, the police or fire department in case of an emergency.
- Know the proper way to protect your home during a storm. Measure plywood panels to use when boarding your home's windows before the storm hits.

Carbon Capture and Storage

One way to reduce carbon dioxide emissions from coal-fired electric generation plants

By Jennifer Taylor

Supplying America's growing electricity requirements will continue to include the use of coal as a fuel source, mainly because coal is plentiful and it has reliably powered the nation's "base load" generation plants. However, the environmental concern about "greenhouse gas" carbon dioxide emissions from coal-fired plants has guided electric utilities, including cooperatives, towards the development of technology that potentially can negate the effects of these emissions.

A 2007 study released by the Electric Power Research Institute (EPRI), a non-profit utility-sponsored organization whose members include electric co-ops, finds that U.S. electric utilities can help the nation cut carbon dioxide emissions to 1990 levels by 2030 by taking aggressive steps in seven principal areas. The most significant reductions, EPRI notes, will come from Carbon Capture and Storage (CCS) technologies.

CCS involves isolating carbon dioxide from other power plant emissions. The collected gas is then compressed, pumped down into spent oil and natural gas wells, saline reservoirs, or inaccessible coal seams, and in theory entombed forever. According to a recent Massachusetts Institute of Technology report, Carbon Capture and Storage is "the critical enabling technology to reduce carbon dioxide emissions significantly."

Implementing the technology is not cheap. EPRI points out that building advanced, more efficient coal-fired plants with carbon capture and storage technology will raise capital construction costs by around 40 percent, while the cost for retrofitting existing plants, if possible at all, could run 60 to 80 percent of a new facility.

Storing carbon dioxide also remains problematic. "Storing carbon dioxide in a variety of geological formations is something we do not understand," says Clark Gellings, vice president of technology at EPRI. "We have to do more research to determine whether it's even feasible and then address all of the other issues—the policy and regulatory concerns—that go along with it." North Carolina may or may not be an appropriate place geologically to use this technology; however, the state's co-ops believe researching the option is important for America's future power supply.

To date, no coal-fired power plants are equipped with CCS technology. And just three plants worldwide remove carbon dioxide from natural gas production and store it underground. Out of these three, the Great Plains Synfuels Plant, operated by Basin Electric

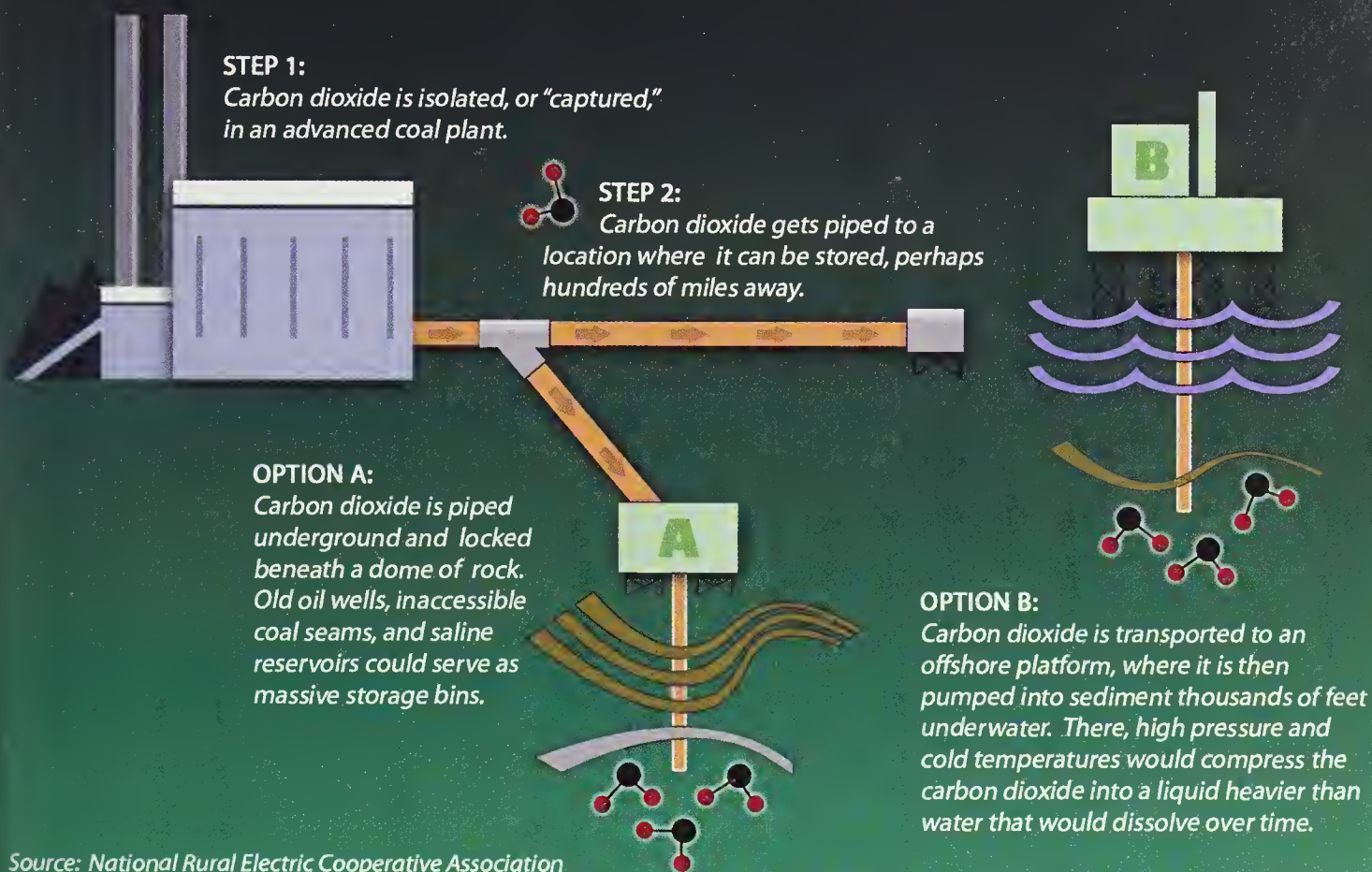
A recent Massachusetts Institute of Technology report said Carbon Capture and Storage is **"the critical enabling technology to reduce carbon dioxide emissions significantly."**

Power Cooperative—a Bismarck, N.D.-based generation and transmission (G&T) co-op, supplying wholesale power to 126 member co-ops in nine states—starts the process with coal, which is turned into a synthetic natural gas. Every day, the Great Plains Synfuels Plant sends 8,700 tons of captured, compressed carbon dioxide via a 205-mile-long pipeline buried four feet underground to depleted oil fields in Canada where the gas helps bring more oil to the surface. Over the years, more than 10 million tons of carbon dioxide have been captured and shipped in this manner.

Arizona Electric Power Cooperative, a G&T based in Benson, Ariz., that supplies wholesale power to six distribution co-ops in the Southwest, will participate with three other Grand Canyon State utilities in a carbon dioxide storage pilot project, one of seven U.S. Department

Capturing and Storing Carbon

In a process called *carbon capture and sequestration*, carbon dioxide can be separated from coal power plant emissions and stored underground. When the technology becomes available on a commercial scale, the result could be huge reductions in the amount of carbon dioxide that is released into the atmosphere.




of Energy (DOE) large-scale carbon storage initiatives.

While North Carolina's electric cooperatives do not own coal-fired facilities, the cooperatives support an increase for funding research and development of clean coal technology as a means toward ensuring the future power needs of the state's rapidly growing population. Additionally, some of the power that is provided to North Carolina electric cooperatives from other utilities is generated from coal-fueled generation and it is likely to continue in the future.

The Cooperative Research Network (CRN), an arm of Arlington, Va.-based National Rural Electric Cooperative Association (NRECA), which represents the interests of electric co-ops nationally, has joined DOE sequestration project near T aylord, Mich., where 10,000 tons of carbon dioxide derived from a natural gas processing plant will be

captured and stored in underground saline formations. The Michigan site features most elements of a complete sequestration system, including a compression plant, an 8-mile-long supercritical pipeline, and injection and monitoring wells.

If electric utilities are to implement CCS on a commercial scale by

2020, major projects with coal-fired plants need to begin soon. This year, co-ops nationwide have been calling on Congress to invest in new and emerging technologies required for reducing carbon dioxide emissions. 

Jennifer Taylor writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

Ask the Question

With growing demand for electricity and pressure mounting in Congress to address climate change, consumers can get involved by asking elected officials to support technological development. Leaders of your electric cooperative believe that to develop the technology needed to keep the lights on and rates affordable, the federal government must exercise committed leadership and provide funding.

Consumers are urged to ask their Congressional representatives the tough question:

"What are you doing to fully fund the research and development required to make emissions-free electric plants an affordable reality?"

To direct the question to your representatives, go to the Web site for "Our Energy, Our Future: A Dialogue With America." Visit www.ourenergy.coop to contact your elected officials and make your voice heard.

Cooperatives go to Capitol Hill

to make their points on climate change, energy policy and rural issues

By Michael E.C. Gery

In late May, North Carolina's Congressional delegation discussed with representatives of the state's electric cooperatives issues affecting North Carolina's energy supply, concerns regarding upcoming climate change legislation, and other policies impacting rural communities.

North Carolina's cooperatives sent staff and elected board members to the halls of Congress to address these issues firsthand with members of the U. S. House and Senate. The cooperatives saw all 13 House members and both U.S. Senators over a two-day period.



Among the issues raised were these:

- Reducing carbon emissions while keeping the cost of electric power affordable.
- Supporting research into making "clean coal" technologies commercially feasible.
- Supporting incentives for nuclear power, a carbon-free energy source.
- Supporting research for new energy efficient technologies, appliances, and plug-in hybrid vehicles.
- Restoring federal loans for nuclear and coal generation.
- Maintaining federal funding levels for eligible electric distribution and power generation.
- Maintaining federal funding for co-op sponsored rural economic development programs.
- Enforcing fair pricing from railroads that transport coal.

Rep. G.K. Butterfield, a Democrat from Wilson County who represents 23 northeastern North Carolina counties in the 1st Congressional District, delivered the keynote address to open the visit. He is vice chair of the Subcommittee on Energy and Air Quality of the influential House Energy and Commerce Committee (Rep. Sue Myrick, Republican of Mecklenburg County, also sits on the committee) which he said places him in "a good strategic position to represent North Carolina's interests." While acknowledging that "our children depend on us" to address climate change realities, he stressed that cooperative member-consumers "can't afford to be the load-bearing agents" for regulations that would place undue expenses on the electric utility industry. He said developing nuclear power

stations "must be central" to future power supply needs of North Carolina and the U.S. to "ensure that our people have access to reliable electric power." But he insisted that "low-income people must not be swept away," and said he would work for assistance to low-income families unable to pay their rising energy costs. He estimated that major climate change and energy legislation would not come before Congress until after the November election.

Sen. Elizabeth Dole, Republican from Rowan County, spoke to more than 100 co-op delegates about her support of Senate climate change legislation. Co-op representatives pointed out that the Lieberman/Warner climate change bill, as sponsored by Dole, would significantly raise electric rates in North Carolina. Dole told the cooperative audience at the May meeting



A longtime supporter of North Carolina's cooperatives, Rep. Robin Hayes, Republican from Cabarrus County, listened to and agreed with statements about the need for a balanced federal energy policy that combines alternative and conventional energy resources.



Rep. Heath Shuler, Democrat from Haywood County, told the co-op representatives that he supports safe and environmentally responsible energy production and will back measures for research and development.



After meeting with the cooperatives' delegation in May, U.S. Sen. Richard Burr voted in early June against a climate change measure that the co-op representatives told him would raise consumer prices significantly.



Rep. G.K. Butterfield, who represents much of northeastern North Carolina, met with more than 135 electric co-op delegates and stressed that as a "natural ally" of co-op member-consumers he aims to ensure that low- and middle-income families are not the "load-bearing agents" of federal climate change and energy policy reforms.

in Washington that while she and the co-ops might disagree on the impact of the climate change bill, she is willing to listen to the co-ops' views on all issues.

In early June, the Senate held a vote to end debate on the climate change bill and move it forward. Electric cooperatives asked their senators to vote "no" because the bill did not contain enough consumer protection. However, Dole was among 48 senators who voted "yes" to end debate on the bill and move it forward. Sen. Richard Burr, a Republican from Winston-Salem, supported cooperatives by voting "no." The 48 votes fell short of the 60 required to move the bill forward, so the controversial climate change measure did not prevail in the Senate this term.

At the May meeting, Dole did mention her support for maintaining federal plans for co-ops involved in building

generation plants, as well as rural economic development programs. She said, "I am with you on that."

Sen. Burr supported the cooperatives' message on the Lieberman/Warner bill and on balancing climate change reforms with sensible energy policy. He said Americans must not only address climate change but also must "consider where an energy policy will take us in the next two decades.

We shouldn't make up energy policy as we go along." He urged action toward bringing the world's developed nations "financially into the game" on climate change and energy issues. He also noted that "for us to become independent of foreign oil, we need to increase our own production." As climate change debate continues in the Senate, Burr said "it doesn't make sense to set a bar before the technology is there." 🇺🇸

Contact your representatives

Consumers can ask elected officials about a balanced energy plan. Your questions will help our elected officials set climate change goals that keep electric bills affordable. Electric cooperatives have a Web site that will send a question from you, directly to your representatives. Go to www.ourenergy.coop and plug in your address. There you'll be able to ask a series of questions to your representatives in Washington.


Chowan Beach: A place of quiet dignity

From the late 1920s until the early 1990s, Chowan Beach in Hertford County was a popular resort for African American families from throughout the Mid-Atlantic states. Begun at a time when racial segregation prevailed in North Carolina and Virginia, the resort attracted not only generations of families, but it also brought in many big-name musical acts and spawned more than a few romances.

In a new book, E. Frank Stephenson has compiled a wealth of photographs and historical information about Chowan Beach, including a section on its long history as a herring fishery.

Eli Reid in 1926 purchased the 400-acre site on the Chowan River just north of the town of Winton, and grew it into a place that included rental cottages with running water and electricity, a formal dining room, carousel, picnic pavilions, a pier and dance hall. Reid's daughter, Marion Reid Flagg, described Chowan Beach to Stephenson as "a place of quiet dignity" for well-traveled professional families and local residents as well.

In 1967, Sam Pillmon, an Ahoskie businessman, purchased the place from Eli Reid and expanded the operation. While during the Reid era, the dance hall drew performers on the Chitlin' Circuit (including B.B. King, James Brown, The Coasters, Ruth Brown, Clyde McPhatter and others), the Pillmon family attracted acts such as Ruby Rae Moore, Captain Goldie, Wildman Steve and others. Pillmons ran the resort until the early 1990s.

Eli Reid and his partner Charles Revelle Sr. also expanded the massive herring seine fishery here. Photos in the book show the huge nets, the processing activity and longtime seine master John Askew. 

—Michael E.C. Gery



Top: A July 1958 photo showing the Chowan Beach waterfront with the carousel and children's swing in the background. (All photos courtesy of Frank Stephenson Photo Archives.)

Middle: The Chowan Beach site also was a well-known herring seine fishery, shown in 1941, where in spring a net more than 1,000 yards long hauled in some 100,000 fish for local processing.

Bottom: The Chowan Beach restaurant, shown in July 1958, also had private dining areas and a photography studio for memento photos.



"Chowan Beach: Remembering an African American Resort" was compiled by E. Frank Stephenson, a researcher and writer associated with Chowan College. The softcover book contains 124 pages and almost as many black and white photographs. The book costs \$14.99 and is available from book stores or the publisher:

The History Press, 18 Percy St., Charleston, SC 29403
Phone: (843) 577-5971 | Web: www.historypress.net

HEALTHNEWS: Anti-Aging Breakthrough

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Breakthrough anti-aging cream combines three scientifically advanced wrinkle-reducing ingredients for real results.

In recent years Botox® has been promoted as the leader of anti-wrinkle treatments. Although it can be successful, it is very expensive, painful, must be administered by a physician, and, in many cases, two to three treatments are needed for the desired corrections. After years of research and testing, a safer, more affordable product offering real results is now available.

Hydroxatone® Vs. Other Products

Hydroxatone® is a real Botox® alternative without the same risks associated with Botox®. There have been a number of anti-wrinkle products introduced over the last few years. Few of these provide valid scientific evidence that they provide real results. The leading bio-chemist that developed Hydroxatone® with Dr. Fiorillo decided to incorporate the three leading and complimentary anti-wrinkle ingredients into Hydroxatone® (Argireline®⁵, Matrixyl™ 3000³, and Hyaluronic Acid) to provide real results. Hydroxatone® was the first to combine these three, resulting in the unrivaled scientifically advanced anti-wrinkle product on the market.

Up To 68% Reduction Of Deep Wrinkles

Unless you've actually tried Hydroxatone®, it's hard to imagine it can work the miracles users claim it does. But women and men of all ages are using Hydroxatone® and seeing real and noticeable results every day. The cumulative results that are seen within two weeks will continue with daily use. Over six months this will increase to as much as 68% reduction in deep wrinkles.

Why Hydroxatone® Is So Effective

Hydroxatone® is unlike any other skin cream you've ever tried because it relies on THREE proven ingredients: Matrixyl™



"Within two weeks of using Hydroxatone®, I was getting compliments on my skin from friends and co-workers. My skin not only feels great, but it looks great too! You've made me a Hydroxatone® believer!"

Results not typical

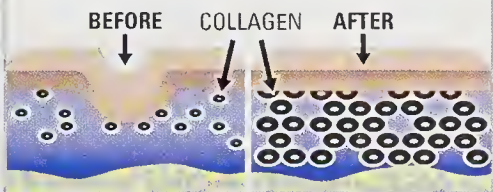
— Robin B., Los Angeles

30003, Argireline®⁵ and Hyaluronic Acid. But Hydroxatone® doesn't stop there! It also includes other natural antioxidants, botanicals, vitamins, and peptides... designed to nourish your skin while fading wrinkles.

Matrixyl™ 3000³ – is clinically tested to promote collagen production in the skin.

Argireline®⁵ – is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development.

Hyaluronic Acid – is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles.



There Is No Comparison

Forget Botox® or any other radical and dangerous treatments. Throw out other creams that simply don't work! Hydroxatone® is the anti-wrinkle cream that is proven. Within two weeks Hydroxatone® users will start to see results. With contin-

"I'm 51 years old and my skin hasn't looked and felt this good in 15+ years. All the tiny wrinkles and lines have virtually disappeared. This product is fantastic."

—Rose P

Results not typical

Advanced Anti-Wrinkle Results

- ◆ 68% Reduction Of Deep Wrinkles In Just 6 Months
- ◆ Diminished Age Spots & Increased Suppleness
- ◆ Enhanced Production Of Healthy, Radiant New Skin
- ◆ Tightened And Toned Skin

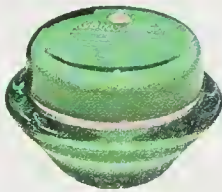


"I talk to so many women who would do almost anything to look younger. That is why I recommend Hydroxatone® to so many of my patients."

— Dr. Michael Fiorillo is a world renowned board certified plastic and reconstructive surgeon and codeveloper of Hydroxatone®.

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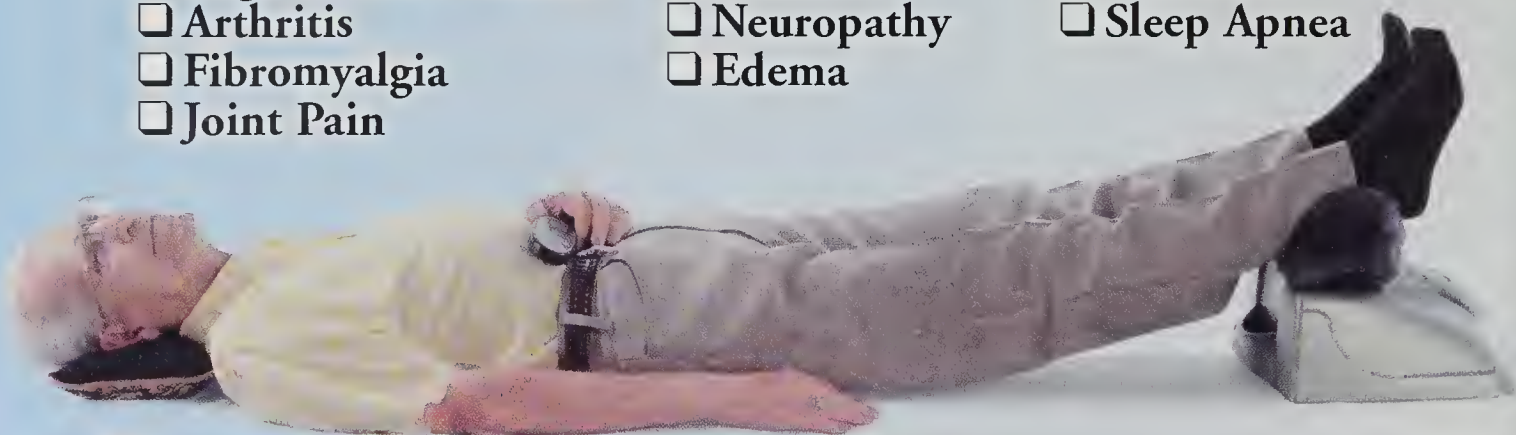
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Strivectin SD® ²	NO	YES	NO
La Mer™ ⁴	NO	NO	NO
Hydroxatone®	YES	YES	YES

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If you suffer from

- | | | |
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| <input type="checkbox"/> Stress | <input type="checkbox"/> Constipation | <input type="checkbox"/> Stiff Muscles |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Back Pain | <input type="checkbox"/> Poor Circulation |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Neuropathy | <input type="checkbox"/> Sleep Apnea |
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You will enjoy using the Exerciser 2000 Elite™

*Receive some of the
benefits of aerobic
exercise without stress
or impact on the joints!*

How Does the Exerciser 2000 Elite™ Work?

Enjoy the benefits of passive exercise---just lie down, place your ankles on the ankle rest and let the machine do the work.

When you turn the machine on, it creates a 2 inch, right to left movement that gently moves the body back and forth.

This gentle swinging motion cycles up through the whole body, creating an exercise movement without stress or impact on the joints.

Relaxation of the back muscles

Oxygenation of the blood

Increased mobility

Increase circulation
throughout the body

Helps relieve stiffness
from head to toe



Features

- Weighs only 15 pounds
- 15" wide x 13.5" deep x 9.5" high
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- FDA Class 1 Registered
- ETL Approval
- 5-speed operation
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- Heavy duty, high torque DC motor
- Wide cushioned ankle rest
- 16 minute digital timer with safety shut-off
- 4 year parts and labor warranty

These statements have not been evaluated by the FDA.
Not intended to treat, cure or prevent any diseases.

Don't be fooled by cheap imitations

What people are saying about the Exerciser 2000 Elite™

After using the Exerciser 2000 Elite™ twice a day for one week the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you. —Shirley H., Florida

As a Chiropractor, I would like to say that the Exerciser 2000 Elite™ enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and additionally freeing up a spine that has become stiff and arthritic. —Garry Gorsuch, D.C.

The ad I saw almost sounded "too good to be true". With your no risk money back guarantee I figured I had nothing to lose so I purchased the machine... and boy, am I glad I did! I am 75 years old and suffer from sciatica, which makes my back and legs tighten up and causes numbness. I was taking 8-10 Aleve™ every day. After using the machine for only 4 minutes, I noticed my lower back loosening up. Since I have been using the machine I haven't taken any pain pills and have been pain free. My sciatica is not giving me problems anymore and my body stays loosened up. I have also had a snoring problem for quite some time, however, since using the machine my snoring has subsided. My wife is so excited! I cannot tell you how much this machine has turned my life around. —C. Cummings

After having a stroke, I could no longer exercise the way I used to. As a result, I developed edema. A friend of mine introduced me to the Exerciser 2000 Elite™. I loved it and I purchased one for myself. After using the machine daily for a few weeks, my symptoms of edema were completely gone. I now use the machine twice a day for 16 minutes each time on speed 3. What a wonderful way to exercise. —Robert M.

I love using the Exerciser 2000 Elite™ after my morning workout. It is an excellent way to cool down and it helps to start my day off right. —Deanna C., Kansas

I have had constipation problems for over 25 years. Since I have been using the Exerciser 2000 Elite™ I have been regular every day and have begun to lose weight. This is truly a blessing and is so easy to use. —Jeannie

I am in my late 80's and have diabetes. The first thing I noticed when I started using my machine was that my feet were warm when I went to bed. They were always ice cold before. Because one of my problems is poor circulation, I use the machine three times a day for 10 minutes each; in the morning, late afternoon and just before bed. I almost forgot to mention that I have not been able to lift my arms above my head. Now I can do it. You think that's no big deal until you can't do it anymore. —Ralph K.

My husband and I have been into natural products all of our lives but nothing has ever affected us like the Exerciser 2000 Elite™. My husband is 72 and delivers flowers. He carries 5 gallon buckets of water. Since using the machine, his back hasn't hurt him at all. My hips would hurt if I stood too long and I would get weak and have to sit down. Now I can walk and sit as long as I want. I don't take pain medication anymore. In the morning, when I get out of bed I'm not stiff anymore. At 65, wow, this is great! Thank you for offering such a great machine. We are going to tell everyone we know about it. —Cheryl J.

I had suffered with sleep apnea for many years and had been taking drugs for it. I was told I would have to use a breathing apparatus. In the meantime, I was introduced to the Exerciser 2000 Elite™ and decided to purchase one. Within two weeks, I was sleeping more deeply and restfully than ever before. —David B.

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~~\$464.95~~

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Your favorite vehicles and those unforgettable rides

CAR TALK

Well, my favorite transporter was a 1968 VW Bus. It carried a wall-mounted, formica-topped writing table that I could prop up in front of the naugahyde-covered rear seat which itself pulled out flat to a sleeper. The rear windows slid open to screens. I mounted a peace symbol on the bow and a 2-by-8 plank on the stern. That plank bolted on and off easily, allowing me to pull out the rear engine, which I did twice in order to rebuild it in my kitchen with John Muir's "How to Keep Your Volkswagen Alive," a guide for the "compleat idiot." I'm not allowed to tell anymore stories about it.

We received lots of great stories about your cars and wish we could publish more here. You can see lots more with photos on our Web site. Next month we'll publish students' ideas on "If Students Ran the School." [Deadline was June 15.] For more themes and the rules of our Nothing Could Be Finer series, see page 20.

—Michael E.C. Gery



THE 1933 FORD ROADSTER

My husband owned this wonderful 1933 Ford Roadster convertible with a rumble seat during his years at Windsor High School in Bertie County. After graduation in 1959, he joined the Army. The car was sold to a Marine who was stationed in Elizabeth City for the grand sum of \$200. The Marine drove it home to West Virginia.

The photo still shows the smudges of the tape used to hold it in his locker during his years in Germany as a soldier. We have spent hours online trying to find photos of a car like this one that has not been made into a hot rod.

I love to hear him talk about the fun times, such as trips to Nags Head. The car leaked oil so badly that he kept a tin can hanging under the engine to catch the leaking oil so it could be poured back through the engine.

Judy and Bill Lawrence,
Scranton, Tideland EMC



THE CUTLASS LIFESAVER

A 1967 Cutlass Oldsmobile station wagon saved my life. Coming home very late one night on a country road in Scotland County, my headlights beamed through the bottom of a train that had parked, in the middle of the night, across the road. There were no train lights blinking, no warning signals, no forewarning of what was parked ahead of me on that dark country road.

By the time I realized it was a train, I slammed on my brakes and skidded straight into it. Cars back then were built with solid metal, and the front of that Oldsmobile took the train on like a heavyweight. I was hurt, knocked unconscious, but recovered completely. And the Cutlass station wagon was totaled, but served in the highest possible way for me.

Janeen Lee, Stantonburg, Pitt & Greene EMC

MODEL A MEMORIES

Several years ago, my husband, Richard Jenkins Jr., restored this 1931 Ford A Model Coupe. It has been used to transport brides and grooms, and has been taken to class reunions, church gatherings and Sunday afternoon rides.

Every now and again we use it to update the pictures of our grandchildren.

Even though my husband passed away in 2003, this car provides many happy memories for all.

Polly Jenkins, Statesville, EnergyUnited





ARMED PERSONNEL CARRIER

My favorite car is my parents' 1930-something Ford. I thought it was a 1939, my birth-year, but a friend assures me it's a 1936. It was the only automobile my folks owned until 1953 and is the first vehicle in my memory.

The Ford had "suicide" doors—the front doors opened as they still do, but the back doors opened out in the oppo-

site direction. When both were open they made a perfect screen for tots to pee, before the state thought of "Rest Areas."

On trips from Norfolk, where my dad was stationed during WWII, to visit grandparents in North Carolina, Mama would stop for servicemen "thumbing" for rides home. I remember sailors riding the running board when the Ford was already full. They balanced on the board running between front and back fenders with arms wrapped through both windows around the middle support hanging on for dear life. Cold winds blew in as my sisters were squished by two or three scratchy navy or olive drab uniforms with two more on a sofa-style seat beside Mama up front.

Prominent in my memory of the old Ford is the sprinting Greyhound hood ornament, which forged our way for all those years. He survives still as a keepsake of safer times.

Linda Edwards, Morganton, Rutherford EMC



MY BUG

I got a 1972 VW Bug on March 11, 2000, just a month after having fairly major surgery. I had always wanted a Bug. I saw it in a yard and just had to have it, so I bought it.

The Bug was running but needed some body work, paint, a tune up, new exhaust system and seats recovered. With the wisdom of my mother and help from a few friends, we got started. I personally did the motor work. With all the help, I had it on the road in three weeks.

After all the satisfaction of owning my Bug, I sold it in the fall of 2001 to help pay for my land where I now live.

Elly Stanley, Roaring River, Werry-Yadkin EMC



MY LITTLE GTO

My first car was a 1967 GTO. My dad gave it to me when I was only 14 years old. He let me drive it around the house until I got my license.

When I got a job, I really fixed it up. I had it painted black and put crushed velvet red button tuck inside with red carpet. I also put in air conditioning and a new am/fm cassette radio with nice speakers.

In 1990, I had it painted its original color, white. I kept that car until 1993. So I had it for about 15 years. I regret letting it go. My dad and I had a lot of good times fixing it up and driving it fast!

Sharon Hardin, Rutherfordton, Rutherford EMC



THE RUNAWAY TORINO

When I rode to work in a carpool, we all met to park the other vehicles in the parking lot of my husband's barber shop.

One day I drove my husband's 1972 Ford Torino to meet my ride. The only man who rode with us was sitting in his vehicle waiting, and I decided to pull up and back in next to him. I just forgot that the back of the seats were so high and I misjudged my distance and WHAM—I hit him. He jumped from his car as I pulled up and exited, leaving my car door open. We were observing the damage done to his vehicle when we realized the Torino was coming toward it again! I ran and jumped in but could not stop in time and I hit him again!

As the man stood there in disbelief, I stomped on the accelerator to get out of there and it stuck! So like a bat out of Georgia, I went across the yard of the barber shop, and in order to avoid the shop I threw a tailspin in the yard and headed back into the parking lot before I finally got the car stopped.

I stifled my laughter all the way to work, but the guy did not find it very amusing. This laugh cost me several hundred dollars. We still have the car but my husband took a Sawzall and made it into a convertible, so we can only drive it on sunny days.

Joann Whitley, Oakboro, Union Power Cooperative



THE 1947 FORD COUPE

In 1964, my wife, Mary, was teaching school at Aurelian Springs High about a mile from where we lived. I was working in Roanoke Rapids at J.P. Stevens Textile Company. She needed something to drive to school. I was coming home from work one day when I saw a 1947 Ford Coupe "For Sale." I stopped and asked about the car. It ran and stopped and was priced at \$100. I bought it and drove it home. It was black then, and Mary made some seat covers for it. Mary had a car to drive to school.

In the middle 1970s I painted it yellow and redid the inside. I drove it until 1992 and then had it redone from top to bottom. Later, I put in a 1995 Pontiac LT1 motor with a 700 R transmission, a Mustang II front end, a new rear end, air conditioning, power steering, power brakes and leather interior. The 1947 Ford five-passenger coupe will run at interstate speed and get 22 miles per gallon. My wife and I have driven it to Kentucky, Indiana, West Virginia, Virginia and South Carolina. It is part of the family, and we will keep it to the end.

Ronald Keeter, Littleton, Roanoke Electric



THE DANGER RANGER

My 1987 red Ford Ranger, 4x4, wasn't much to look at with her dents and dings, but she was all mine and my pride and joy. We went through even more of those bumps together: one in the school parking lot, another in my work parking lot. Her gas mileage wasn't much to speak of, and we had a case of oil in the tool box at all times right beside the roll of duct tape. But when you're 16, it's getting where you need to go that's important. Sometimes we would make it, and other times we would have to call for help.

I still look back at those times with a smile. I remember having my prom picture taken with her and learning to "do a donut" in the fields with my Dad (until the steam rolled out from under the hood). I'd take a break and clean her up, then we would be ready to let the good times roll again.

Then one day someone ran a stop sign, and we had to pick her up in pieces. That's the night the "Danger Ranger" died. But I hold dear these memories of my favorite truck and my 16th year.

Stephanie Lewis, Mt. Olive, Tri-County EMC




THE SPIDER MAN I LOVED

My favorite car was a 1973 Fiat Spider that actually belonged to my boyfriend. It was a creamy butter yellow color with a black cloth top.

I had never driven a convertible before, and to my joy he let me borrow it for months at a time. We drove this car on countless adventures—to the mountains, the beach and the parkway. Just cruising around town with the wind blowing in my hair I felt like "one hot chick."

He decided to have it repainted, and it came back a screaming bright yellow. Although he is a frequent car trader, he kept the Fiat longer than any car he ever had. It began to give him some problems and was expensive to fix.

One day he told me he had sold the car to a local dealer. I was crushed. The car was tied to so many fond memories and sentimental moments it was like losing a good friend. The tears began to flow.

The following day the car reappeared! Seeing how upset I was he had bought the Fiat back. I don't know who I loved more—the man or the car! 

Lila Buchanan, Morganton, Rutherford EMC

send us your best **EARN \$50**

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

September 2008

My Favorite Photo

Our annual photo gallery of N.C. people and places.

Deadline: July 15

October 2008

Celebrity Presidents

What celebrity—human or cartoon—would make the best President, & why?

Deadline: August 15

November 2008

The Techno Whiz

Your craziest experience with home electronics.

Deadline: September 15

December 2008

Holiday Recipes

Recipes for your favorite holiday meals.

Deadline: October 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.

8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
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"Our Story"

*shows the history of
northeastern North Carolina*



THE NEW PERMANENT EXHIBIT AT THE MUSEUM OF THE ALBEMARLE CONTAINS MORE THAN 750 ARTIFACTS FROM 13 COUNTIES

Travelers to northeastern North Carolina now have a starting point for exploring the region's abundance of historic sites and waterfront settings. The Museum of the Albemarle in Elizabeth City has opened "Our Story," a thoughtful and handsome exhibit that weaves together the history of 13 counties surrounding the Albemarle Sound.

A permanent feature of the museum's second floor, the 6,200 square-foot exhibit uses illustrated murals, muted lighting, photography and more than 750 artifacts to depict the Albemarle region's maritime, canal, railroad, automobile and tourism eras.

"Our Story" showcases the history of the region. "It is a story of how northeastern North Carolina communities adapted to the challenges and opportunities of its unusual home," said Don Pendergraft, the museum's exhibit design chief.

Throughout the gallery, dark blue carpeting represents the water, and dark wood flooring the land—symbolic of residents' ever-changing relationship with the rivers, sound and sea. As you make your way through the eras, eye-catching displays reveal such gems as a pine dugout canoe; the cannon recovered from the ship purported to be Blackbeard's Queen Anne's Revenge; the smokestack from the U.S.S. Albemarle; a miniature replica

of the James Adams Floating Theatre; a horse-drawn "steam pumper" fire engine; and a 1954 Moth Boat, a small sail boat that was developed in Elizabeth City.

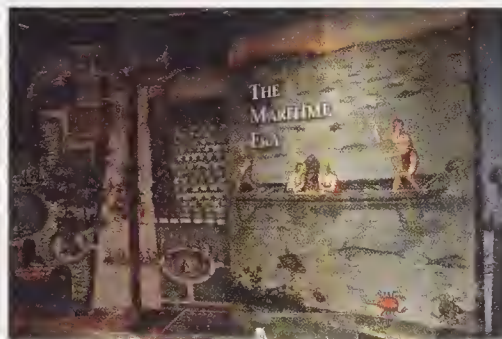
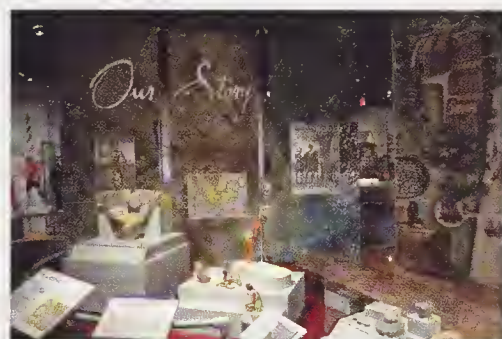
You can walk into the Jackson House, a 1755 farmhouse that spanned both the Colonial and Federal time periods. The farmhouse and nearby smokehouse (about 1840) are original structures from the area. The exhibit also features a 1950 restaurant counter and stools from the Comstock Confectionary, once a popular local soda shop.

Displays of period clothing and photographs further depict life in the respective time periods. Attached to many of the displays are photograph "flipbooks" that tell you more about the large images on display.

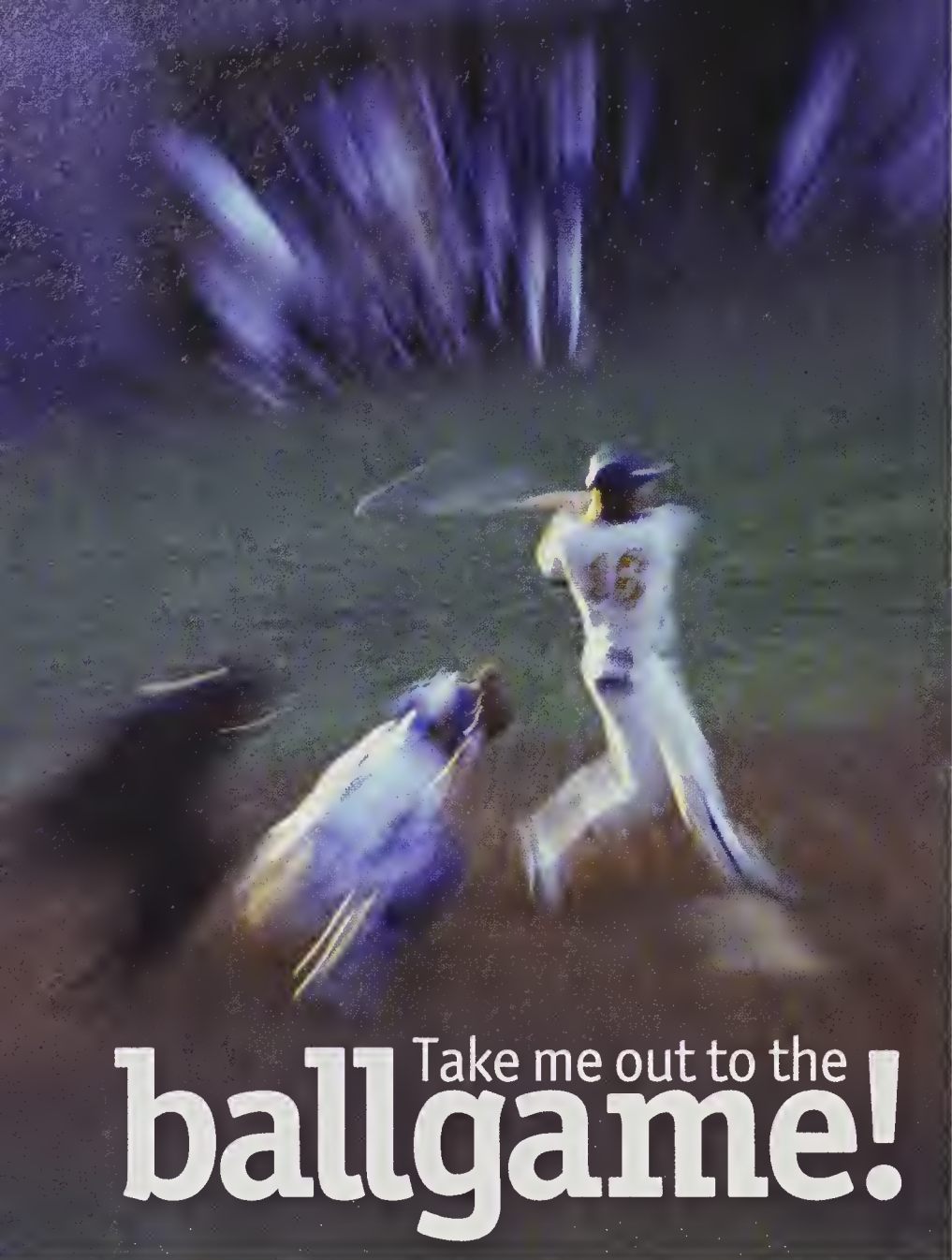
"Our Story" was made possible through the Museum of the Albemarle's capital campaign that raised more than \$1.5 million in private funds.

The Museum of the Albemarle is located at 501 South Water St. in Elizabeth City and is the northeastern regional branch of the North Carolina Museum of History. Admission is free. The museum is open Tuesday through Saturday from 9 a.m. to 5 p.m., and Sundays from 2 to 5 p.m. For information, call (252) 335-1453. Web:

www.museumofthealbemarle.com



The top photo shows the Elizabeth City Fire Department's 1888 "steam pumper" and a printing press from W.O. Saunders' Independent newspaper. Scenes below show the innovative murals that serve as illustrated backdrops, as well as the display pedestals and educational "flipbooks."
Photos by Michael E.C. Gery



Take me out to the ballgame!

Spectators watch future stars of Major League Baseball round the bases at baseball diamonds in small towns and cities across North Carolina. Stars such as knuckleballer Tim Wakefield, shortstop Derek Jeter, hitters Chipper Jones and Miguel Cabrera and catcher Jason Kendall all started down the road at a small field in the Tar Heel State before making it to The Show.

An economic analysis impact study conducted by the Durham Convention and Visitors Bureau found that the 10 minor league baseball teams in North Carolina annually draw 2.3 million fans, or more than twice the number drawn to the state's NASCAR events. These fans generate \$59.6 million in direct spending, adding \$47 million to the North Carolina economy.

The study also states that teams pay \$9.1 million in wages, and add \$5.2 million to state and local sales tax revenues alone.

The 10 major league-affiliated teams are not the only games in town, nor are they the only teams pumping dollars into the local economy. All across North Carolina, baseball diamonds are fielded by Post teams, collegiate summer teams such as the Edenton Steamers and the Fayetteville Swamp Dogs, and other amateur teams.

Somewhere around the corner, an umpire is shouting "batter up," while spectators devour peanuts and Cracker Jacks. Look at your local newspaper sports section to find a game near you. 🍿

—Renee Gannon



Asheville Tourists
Asheville
South Atlantic League
Class A, Colorado Rockies
<http://asheville.tourists.milb.com>



Burlington Royals
Burlington
Appalachian League
Rookie-level team, Kansas City Royals
<http://burlington.royals.milb.com>



Carolina Mudcats
Zebulon
Southern League
Class AA, Florida Marlins
www.gomudcats.com



Charlotte Knights
Fort Mill, S.C.
International League
Class AAA, Chicago White Sox
www.charlotteknights.com



Durham Bulls
Durham
International League
Class AAA, Tampa Bay Rays
www.durhambulls.com



Greensboro Grasshoppers
Greensboro
South Atlantic League
Class A, Florida Marlins
www.gsohoppers.com



Hickory Crawdads
Hickory
South Atlantic League
Class A, Pittsburgh Pirates
<http://hickory.crawdads.milb.com>



Kannapolis Intimidators
Kannapolis
South Atlantic League
Class A, Chicago White Sox
www.intimidatorsbaseball.com



Kinston Indians
Kinston
Carolina League
Class High-A, Cleveland Indians
www.kinstonindians.com



Winston-Salem Warthogs
Winston-Salem
Carolina League
Class High-A, Chicago White Sox
www.warthogs.com
www.baseballdowntown.com

What about electric lawnmowers?

According to the U.S. Environmental Protection Agency (EPA), using a traditional gas-powered lawnmower for an hour generates as many dangerous airborne pollutants known to exacerbate human respiratory and cardiovascular problems as driving a typical car for 350 miles. The EPA estimates that, with some 54 million Americans mowing their lawns on a weekly basis, gas lawnmower emissions account for as much as 5 percent of the nation's total air pollution. Beyond that, homeowners spill some 17 million gallons of gasoline every year just refueling their lawnmowers.

How about going electric?

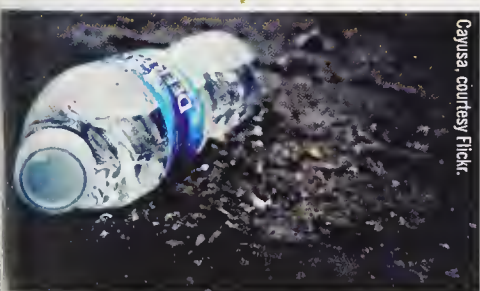
Electric mowers, which either plug into a wall outlet via a long cord or run on charged batteries, create no exhaust emissions and run cleaner than their gas-powered counterparts. They also need less maintenance and tend to be smaller. Plus, electric mowers are cheaper to run, using about as much electricity as an ordinary toaster. Most electric mower owners spend about \$5 a year on electricity to mow their grass. The non-profit Electric Power Research Institute reports that replacing half of the 1.3 million or so gas mowers in the U.S. with electric models would save the equivalent amount of emissions of taking two million cars off the road.

Electric mowers tend to cost up to \$150 more than their gas-powered counterparts, and the plug-in varieties can only go 100 feet from the closest outlet without an extension cord. And the cordless models last only 30–60 minutes on a charge, depending on battery size and type, though that's plenty sufficient for the average lawn.

The Greener Choices Web site, a project of Consumer Reports, gives high marks to Black & Decker's corded (\$230) and cordless (\$400) models for their efficiency, reliability and ease-of-use. Corded models from Worx and Homelite both around \$200) also fared well, along with cordless offerings from Craftsman, Homelite, Remington and Neuton (\$300–\$450).

To learn more: Black & Decker, www.blackanddecker.com; Remington, www.remingtonpowertools.com; Homelite, www.homelite.com; Worx, www.worxpowertools.com; Neuton, www.neutonpower.com; Greener choices, www.greenerchoices.org.

Let's deal with plastic water bottles



Gajusa, courtesy Flickr

Energy and sports drinks—will likely surpass soda sales in the U.S. by 2010. More than seven times as much non-carbonated bottled water is sold annually in the U.S. than just a decade ago.

Switching from soda to water is a positive health trend, but reliance on bottled rather than tap water means that the

environment is taking a hit. The increase in bottled water sales means that even more plastic is going un-recycled. CRI estimates that some 18 million barrels of crude oil equivalent were consumed in 2005 to replace the 2 million tons of PET plastic bottles that were wasted instead of recycled. Also, this plastic can damage wildlife and marine life and contribute to already stressed landfills and incinerators. CRI and others are working to get policymakers at both state and federal levels to mandate increased recycling for water bottles. This past November, Massachusetts Congressman Ed Markey introduced a bill on Capitol Hill calling for the creation of a federal bottle bill mandating a five-cent refund on all beverage containers—including water bottles.



Neuton Power

Among the many models of electric lawnmowers are those available from Black & Decker, Craftsman, Homelite, Neuton, Remington and Worx. Pictured here is Neuton's top of the line battery-powered CE 6.2 mower.

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To learn more: Container Recycling Institute, www.container-recycling.org; The Bottle Recycling Climate Protection Act, www.fedcenter.gov/Articles/index.cfm?id=8608&pge_id=1854.

Got an Environmental Question?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

Mosquitoes:

What Are They Good For?

by Andy Wood

Warm spring and summer evenings bring a variety of nighttime song. Among the most familiar (and often annoying) is the shrill whine of tiny wings produced by mosquitoes. Somewhere around the fourth or fifth unsuccessful slap, a question inevitably arises: What are mosquitoes good for anyway?

To answer this question, we must begin where the life of a mosquito begins: as an egg in water. A female mosquito that bites and draws blood does so to nourish the many developing eggs she carries inside her. She lays these eggs on the surface of virtually any water source, from ponds and ditches to old cans and tires holding rainwater. In fact, an old tire filled with just a little bit of water can support more than 100 mosquito larvae at any given time.

The eggs hatch in a few days and the larvae, known as wrigglers, begin feeding on microscopic plants and detritus. Throughout their development and growth, the mosquito larvae must contend with the threat of becoming a meal for a host of aquatic predators, including dragonflies. As with the mosquito, the beneficial dragonfly also begins its life in water, and its aquatic larvae feed heavily on an assortment of animals, including mosquito larvae. Diving beetles, salamander larvae, and


almost any small fish also feed on the abundant mosquito larvae; one fish in particular is so well adapted to feeding on mosquito larvae that it has been given the name mosquitofish. This inch-and-a-half-long fish thrives in backwaters and nearly stagnant ditches, areas that can breed mosquitoes by the hundreds of thousands. This fish is so effective at controlling mosquitoes that it has been introduced in some areas as a substitute for pesticides.

The consumption of one animal by another is, in a sense, an exchange of energy. The energy from mosquito larvae is transferred to dragonfly larvae and mosquito fish. They in turn are eaten by larger aquatic predators, including other fishes, turtles and frogs.

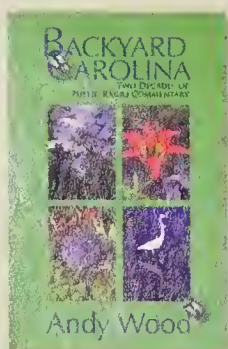
Still larger predators, including herons, osprey and even humans, consume the turtles, fish and frogs. The largemouth bass that many of us enjoy catching and eating can only grow large because it has derived energy through a chain of events beginning with, and often based on, a healthy mosquito population. But what about the adult mosquitoes? Who eats them? You may not like the sight of a small, furry bat, but they relish the sight, or sound, of a swarm of mosquitoes. And adult dragonflies can consume 50 to 100

mosquitoes every day of their one- to two-week adult life. Purple martins, contrary to popular belief, do not eat mosquitoes; they prefer larger prey, like dragonflies, deerflies and horseflies. However, barn swallows and chimney swifts, smaller relatives of the martin, do eat mosquitoes.

One of the least-known benefits of the mosquito is its ability to pollinate very small flowers that larger insects like bees and butterflies can't. Another thing many people do not know about this unsung hero is that only female mosquitoes bite. Male mosquitoes don't have the stabbing mouthpart needed to draw blood. Male mosquitoes, and most females for that matter, get their nourishment from flower nectar.

So, before we wish for the extinction of the mosquito, let's be sure we understand the long-term impact that mosquito extinction, however unlikely it may be, would have on our future. For a wheel to spin correctly, it must first have a full complement of spokes—and this round world needs all the spokes it can keep. 

Excerpted from the book "Backyard Carolina: Two Decades Of Public Radio Commentary" and reprinted with permission of The Publishing Laboratory at the University of North Carolina in Wilmington.



The author, the book

"Backyard Carolina: Two Decades Of Public Radio Commentary" is a collection of 52 essays on nature's wonders and complexities. Author Andy Wood began reporting his observations on nature as a weekly commentator in the late 1980s on WHQR, the public radio station for the coastal Carolinas. "Backyard Carolina" presents his observations, both from his own backyard to larger settings throughout North and South Carolina.

The education director for Audubon North Carolina, Wood also served for 13 years as the education curator at the North Carolina Aquarium in Fort Fisher. He lives in Hampstead in Pender County. "Backyard Carolina" is published by The Publishing Laboratory at the University of North Carolina in Wilmington and distributed by John F. Blair in Winston-Salem. Softcover, 171 pages, \$14.95. (800) 222-9796 or www.blairpub.com.

on the bookshelf

"A Legacy of Faith"

Pursuing the American Dream, many people find themselves struggling to make ends meet. Confused by misleading images and definitions of self-worth, people can't make ethical and honorable conclusions of what is right. "A Legacy of Faith" leads readers on an introspective, religious journey through home-spun stories to help rediscover integrity and morality. Former pastor and author Rick Hathaway lives in St. Paul, N.C., and is a member of Lumbee River EMC. Published by Tate Publishing in Mustang, Okla. Softcover, 249 pages, \$14.99.



(405) 376-4900
www.rickhathawayonline.com

Hayes Plantation

"Hayes: The Plantation, Its People, and Their Papers" is a portrayal of this handsome house in Chowan County near Edenton and of the people associated with it. Built for prominent planter James Cathcart Johnston, the home and its collections have remained intact for almost 200 years. The book describes plantation life of the Johnston and Wood families. Reproductions of original documents chronicle Johnston's management during the antebellum period. Author and Cape Hatteras Electric Cooperative member John G. Zehmer Jr. also includes first-person reports from slaves and freed persons. Topics include Johnston's intense interest in new farming techniques and his hotly contested will. Published by N.C. Office of Archives and History in Raleigh in association with the North Caroliniana Society. Hardcover, pages 257, color photos, \$36.

(919) 733-7442
www.ncpublications.com



"Twelfth Summer"

Leaving her friends behind in Raleigh, Sarah Bowers, 12, finds herself spending the summer at her grandparents' home in seaside Beaufort. Convinced she will be bored, her vacation turns out to be anything but dull and includes adventures with a red-haired boy named Porter, dealing with an overbearing cousin and a new-found respect for her elders. This coming-of-age story by Beaufort native Kay Salter is set during World War II. Salter, a Carteret-Craven EMC member, blends local color and geographical references such as fishing in Taylor's Creek with universal issues of awkward adolescence. Published by Southside Publications in Beaufort. Softcover, 255 pages, \$12.95.

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How sweet (*and dry*) it is!

North Carolina's fast-growing wine industry is coming of age

By Ed Williams

With North Carolina's wine industry pumping a billion dollars annually into the state's economy and basking in attention from USA Today, The New York Times, Southern Living, and NBC, Tar Heel winemakers are now at a crossroad.

Quantity or quality?

"Over the past four years, the quality of each vintage has increased," says Margo Knight Metzgar, executive director of the N.C. Wine and Grape Council. "But until every producer in this state sees quality as their own Number One issue, then we've still got a lot of work to do. And not just quality, but consistency of quality."

Recent emphasis has been on quantity, with the spotlight on a staggering growth curve:

- ✿ The number of North Carolina wineries more than tripled and vineyards more than doubled between 2001 and 2008. Today, North Carolina hosts more than 70 wineries and 400 vineyards. In the mid-1980s, North Carolina had only 4 commercial wineries. (Many of the vineyards are in regions served by Touchstone Energy cooperatives.)
- ✿ North Carolina ranks 10th nationally for winemaking and boasts the widest variety of grapes and wine styles in the country.
- ✿ North Carolina ranks #1 worldwide in Muscadine wine production. At the same time, its national reputation for such traditional grapes as Chardonnay, Cabernet Sauvignon, Merlot, Viognier, and Cabernet Franc is growing.
- ✿ Nearly a million people visit North Carolina wineries each year. The industry generates about 6,000 jobs now.

"North Carolina: A State of Wine" is the catchphrase of the N.C. Wine Grower's Association—a coalition of grape growers and wineries joined in mutual support. At their recent meetings, quality assurance is emerging as North Carolina wine's next biggest challenge. One successful grape producer in Virginia warned his neighbors that North Carolina—gleaning more than three tons of grapes per acre on average—is over cropping and jeopardizing quality.

"Image perception is only as good as the weakest link," Sara Spayd, N.C. State University viticultural specialist, has told the association.

Mark Friszolowski, past president of that association, agrees: "We have to show more consistency. The crux of our business has to be doing the same thing, year after year, and doing it well. We do not want to show huge vintage variation."

North Carolina's wine industry faces challenges unlike those in monochromatic growing regions like California.

First, the growing and harvest conditions fluctuate wildly in North Carolina. There was the drought of 2002, the persistent rains of 2003, the near-miracle growing season of 2005, and the devastating Easter freeze of 2007. And every year, growers keep one eye on the vineyard and the other eye on The Weather Channel to gauge hurricane season that often coincides with harvest.

Second, North Carolina produces a rainbow range of wines: traditional European, Native American, Muscadine, French-American hybrids. There are also fruit wines, mead wines and port-like wines.

Here wines can be bone dry to unctuously sweet. Unofficially, North Carolina is divided east and west, with Muscadine grapes growing in eastern North Carolina and traditional European vinifera favoring western North Carolina, most notably in the Yadkin Valley region. Wineries range as far west as Asheville and Banner Elk and as far east as Ocean Isle.

Tastes in North Carolina seem divided. Many Southerners suckled on sweet tea prefer the sweeter-styled wines, Muscadine in particular. Serious enthusiasts—and recent arrivals to North Carolina—prefer drier style wines, notably Chardonnay and Cabernet. “Tweener” wines—hybrids like Chambourcin and native grapes like Niagara—find a niche market too. “North Carolina has a split personality wine market,” says Max Lloyd, winemaker at Grove Winery near Gibsonville.

Some liken so much choice to an identity crisis in marketing North Carolina wines. And some wines here—produced from immature vines and novice winemakers—can be mediocre. How quantity versus quality plays out is a matter of hot debate within the industry.

Susan Lyons, a marketing consultant serving the wine industry through The Lyons Way firm, agrees with Metzgar: the challenge, she says, remains consistent quality of wine, regionally and statewide. The pendulum of quality has a wide swing across this broad state. Producers need to take time with wine, not rush it to market. This is a very young industry and grapes live as long as humans. So that means most of the vineyards are in toddler-hood.”

Another challenge, says Lyons, is emotion: “I still hear people say, ‘I don’t know we had wineries in North Carolina.’ Why don’t they know?

We’re not doing a good enough job marketing the industry.”

If there is one major complaint among wineries, it’s this: Why isn’t state government doing more to promote the industry? They ask why can’t the state at least lower the cost of highway directional signage, estimated at \$35,000.

While large, strongly financed wineries can afford that highway signage—notably Duplin, Childress, Shelton, Biltmore, and Westbend—most small wineries don’t have the budget for this most obvious marketing.

“One of the greatest assets the Yadkin Valley has is Interstate 77. Does the state do anything to turn these cars—out-of-state money you want to attract—off the road?” asks Mark Greene, winemaker at the tiny Elkin Creek Vineyards in Elkin. “I’m not grumbling about a sign for my place. But I would like to see a sign that says, ‘You are entering the only designated wine region in the state.’ When a car turns off I-77, the whole state benefits, but they (state government) don’t seem to get that.”

To the state’s credit, highway billboard signage is up promoting the industry as a whole. And the state supported opening a wine tasting room at Charlotte-Douglass Airport several years ago to promote Yadkin Valley wines. It’s done the same at the Raleigh-Durham International Airport. A second tasting room opens there this summer, featuring all North Carolina regions.

Wine’s financial impact is not lost on economists, a ripple effect that could one day trigger more government support—even in the Bible Belt. That’s because the ripple—some estimate it at \$1 billion annually now—goes beyond bottle sales and salaries for grape farmers and grape pickers. It includes the hotels, B&B’s, restaurants and artisan crafts that sink roots nearby. Right around the corner from Shelton Vineyards in Dobson has sprung a Hampton Inn & Suites anchoring a larger retail area. (Both operations are served by the Touchstone Energy cooperative Surry-Yadkin EMC.) Shelton Vineyards is bankrolling this to

create a destination spot. It’s the only Hampton Inn in the country with its own wine tasting bar.

Down the road from Childress Vineyards in Lexington is the Shoppes at Vineyards Crossing. Coming soon there is a Holiday Inn Express and high-end restaurant featuring a wine and martini bar.

Duplin Wine Cellars in Rose Hill has an equally expansive retail-entertainment complex nearby. Its strategy: Encourage tourists to spend more time and more money in the neighborhood.

Beyond this obvious “tourism” revenue, there is a significant tax base from a hidden infrastructure—Small businesses:

- ☛ Produce the bottles, boxes, labels, and wrappers for wine;
- ☛ Produce the farm equipment that plants vineyards;
- ☛ Produce chemicals and other products that make vines grow;
- ☛ Clean the linens, glassware and silverware used in tasting rooms;
- ☛ Operate the touring bus, limousine, hot air balloon, cycling and river rafting excursions in wine country;
- ☛ Produce artisan cheeses, meats, fruits, vegetables, and baked goods nearby.

With a half dozen new wineries set to open this year, the industry is poised for more growth. But the key is improving quality while continuing the experimentation, says Metzgar. “We’ve learned that we’re still learning.” ☛

Ed Williams—Brand Manager for the News & Record in Greensboro, N.C.—has written about the wine industry since 1990. His reporting and editing have received numerous state and national awards, most recently the 2007 Society of Professional Journalists President’s Award.



YOU KNOW YOU'RE IN

Carolina country if...

...you used *pokeberries* to make
Indian war paint.

From Ashley Braswell, Oakboro



From Heather Kivett, Randolph County

- ... Your annual family reunion is held in a church fellowship hall.
- ... Your Daddy drives you all the way to Murfreesboro just to show you the college he went to.
- ... You know that a cheese-dog doesn't have a winnie on it.
- ... In your community a taxidermy shop is connected to an ice cream parlor.
- ... You think unsweetened tea should be outlawed.
- ... You throw your watermelon rind in the field for the cows to eat.
- ... You wear flip-flops all year long.
- ... Dessert is always pound cake.
- ... On summer nights you hear crickets, tree frogs and the local train.

From Virginia Kinley, Woodleaf

- ... Your oldest son and his wife live down yonder.
- ... Your youngest son and his family live up yonder.
- ... Your baby daughter and her family live over yonder.
- ... You go to the garden to stake maters.
- ... You go to the garden to dig taters.
- ... You hang your laundry on a line outside to dry.
- ... You wonder what "that truck" is doing in your neighborhood.

From Melanie Spell, Newton Grove

- ... Your 3-year-old-daughter gets corn on the cob when trick-or-treating.
- ... Your 3-year-old-daughter asks for field peas for her bedtime snack.
- ... Your 3-year-old-daughter loves to push her baby stroller through the potato rows in her Papa's farm.

From Steven Preddy, Franklin County

- ... Your mom drives her golf cart to the local convenient store, then bangs on the door for the cashier to bring her milk and bread.
- ... You know what "redneck drive" means in a truck.
- ... You have more vehicles in your yard that don't run than do run.
- ... You think the term "high-tech redneck" means having a tractor that has an enclosed cab and A/C that actually works.
- ... You think the term "high-tech cowgirl" means a girl riding a horse talking on a cell phone.
- ... You love the smell of peanuts being plowed up.
- ... You love a good thunderstorm, but you were taught to respect them by sitting down and being quiet while they are going on.

From Jim Hicswa, Denver

- ... Asking driving directions, they tell you to "Get back to that cee-ment road that you came on."
- ... Your neighbors remind you where the dirt roads once went.
- ... Your neighbors are disappointed when you fix and rebuild a rotten falling down shed by exclaiming, "That's what a shed is supposed to be."
- ... You walk into Wal-Marts wearing a cowboy hat and shorts.
- ... You complain about the rapid growth of the area.
- ... You don't sell land for fear that someone might build on it.
- ... Publishers of the local newspapers write about themselves and their family, and the church notices and church ads are huge.
- ... Supermarkets don't know what olive loaf or pork roll is.

From Lauren and Julius Morris, Atlantic

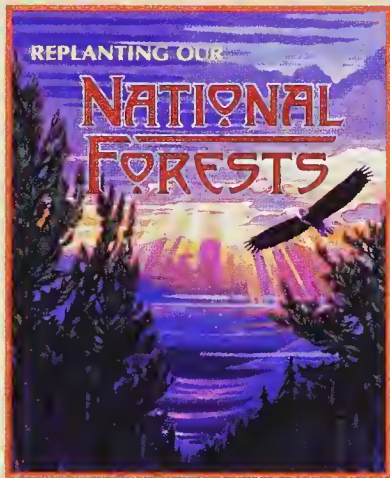
- ... You can't wait for spring mullets.
- ... You picked ditch berries to put in milk and sugar.
- ... Every Sunday after church you take a boat to the Outer Banks.
- ... As young'ns you raced to the landing to jump off the docks.
- ... During summer break you raked clams for Saturday night money.

From David Harrell, Eure

- ... Old combines and other ancient rusting farm equipment are scattered in the woods behind your house
- ... When you were a little kid your dad used to tell you those old collapsed tobacco barns along the roadside with just the roof lying on the ground were "barns growing out of the ground," and you believed him.
- ... Your 80-year-old grandpa "Pop" takes all the boys coon hunting deep down in the "river pocosin" to show off his new coon dog, and everyone is lost but Pop.
- ... Growing up you had a lame mutt hound that your dad called his "arithmetic dog," because he "walked on three legs and was carrying one."
- ... In your three-stall dairy barn where the cows line up outside to be milked, Bossy, Gerty and Buttercup are always first in line, and any other cow cutting in line means there's going to be a big fight.

From Rick Roldan, formerly of Halifax County

- ... You ride in the shovel of a backhoe at a pig pickin' as an amusement.
- ... You go four-wheelin' in the horse pasture.



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From Ashley Braswell, Oakboro

... You live in between roads called Country Rd. and Booger Holler.

... You've used an old bathtub as a sled.

... You have a pet peacock named Purdy, because she is.

... You have two or three guns loaded and ready by the door for varmints that wander through the yard or for pesky salespeople who show up.

... You tell city folk your cooking crappie and they look at you weird.

... Your husband stacks petrified wood beside the seasoned wood for the wood stove.

From Elisa Ashworth, Sanford (formerly of Texas)

... It's pronounced pee-can.

... You don't know what doggone means, because in Texas it's daggummit.

... Folk from North Carolina don't care for your tater salad because it's got too much mustard.

... Your neighbors don't know what a pallet is, but Texas people know it's a blanket spread out on the floor for the kids to play or sleep on.

... You used to be a Houston Oilers fan and now you're a Carolina Panthers fan.

... Your Carolina born husband's grandma slipped pig brains in his eggs and he liked it, and you thought that was just gross.

From Jennifer Cox, Franklinville

... Your commute to work includes traveling on a section of Dixie Drive.

... Ordering a hotdog at the Franklinville Restaurant is a normal Saturday routine.

... You play "Ghost in the Graveyard" with the other church kids while your parents are at choir practice.

... You watched "Dialing for Dollars" hoping that one day they would call you on the phone. ☺

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	Male	Female	Male	Female	Male	Female		Male	Female	Male	Female	Male	Female
30	10.24	9.36	11.16	10.28	17.94	16.19	50	20.39	16.98	30.19	24.28	56.00	44.19
31	10.24	9.36	11.59	10.72	18.81	17.06	51	21.53	18.03	31.94	25.81	59.50	47.25
32	10.33	9.45	12.03	10.94	19.69	17.50	52	22.84	19.08	33.91	27.34	63.44	50.31
33	10.33	9.45	12.47	11.38	20.56	18.38	53	24.33	20.30	36.09	29.09	67.81	53.81
34	10.33	9.45	12.91	11.81	21.44	19.25	54	25.99	21.70	38.94	31.50	73.50	58.63
35	10.41	9.54	13.56	12.47	22.75	20.56	55	27.91	23.19	42.00	33.91	79.63	63.44
36	10.59	9.63	13.78	12.69	23.19	21.00	56	29.58	23.89	45.50	35.44	86.63	66.50
37	10.85	9.89	13.78	12.69	23.19	21.00	57	31.59	24.68	49.66	36.97	94.94	69.56
38	11.29	10.24	14.00	12.91	23.63	21.44	58	33.95	25.64	54.03	38.72	103.69	73.06
39	11.73	10.68	14.22	13.13	24.06	21.88	59	36.58	26.69	59.72	41.13	115.06	77.88
40	11.90	10.76	14.44	13.34	24.50	22.31	60	40.25	28.18	65.84	43.53	127.31	82.69
41	12.51	11.38	15.09	14.00	25.81	23.63	61	42.61	29.23	72.41	47.25	140.44	90.13
42	13.04	11.73	15.97	14.66	27.56	24.94	62	45.94	30.71	79.84	51.41	155.31	98.44
43	13.56	12.16	17.06	15.53	29.75	26.69	63	49.61	32.38	87.72	56.00	171.06	107.63
44	14.18	12.78	18.16	16.41	31.94	28.44	64	55.21	34.91	98.00	61.91	191.63	119.44
45	14.96	13.39	19.47	17.50	34.56	30.63	65	61.25	37.45	109.38	68.47	214.38	132.56
46	15.84	14.09	21.00	18.59	37.63	32.81	66	69.74	43.23	121.19	77.88	238.00	151.38
47	16.89	14.79	22.97	19.69	41.56	35.00	67	79.98	49.26	134.53	88.59	264.69	172.81
48	17.94	15.40	24.94	21.00	45.50	37.63	68	91.88	56.26	148.75	99.97	293.13	195.56
49	19.08	16.19	27.34	22.53	50.31	40.69	69	105.44	64.23	167.56	114.84	330.75	225.31

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 rates are LTG Ultra-C 10 [policy form no. LTG-C01AG Preferred Plus Non-tobacco]. \$250,000 - \$500,000 rates are Select-A-Term [policy form no. 07007 Preferred Plus Non-tobacco]. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on ART at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. It is issued by American General Life Insurance Company, Houston, TX. Medical examination required. Premiums increase at the end of the guaranteed term if policy is renewed. Premiums for other rate classes, age and payment plans are available upon request. Death benefit remains level and is payable in lump sum, or installments, if so elected. The insurance company may contest the policy for two years from date of policy issue for material misstatements or omissions on the application. Death benefit payable from any cause, except suicide within first two policy years. In the event of suicide in the first two years, policy benefit is limited to return of premium paid. **NOT AVAILABLE IN ALL STATES.** American General Life Insurance Company is a member of the American International Group, Inc. The underwriting risks, financial obligations and support functions associated with the products issued by American General Life Insurance Company are solely its responsibility. American General Life is responsible for its own individual financial condition and contractual obligations. Rates subject to change.

Application Request Form

The information you provide will be kept in strict confidence.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
DATE OF BIRTH _____ ☐ MALE ☐ FEMALE
AMT. OF INS. DESIRED _____
HOME PH# _____ WORK PH# _____
BENEFICIARY _____ AGE _____
SIGNATURE _____

The best time to call me is: (☐ Home ☐ Work)

☐ 8-10 am ☐ 10-12 ☐ 12-2pm ☐ 2-4 ☐ 4-6 ☐ 6-8 ☐ 8-9

I wish to pay my premiums: ☐ Annually ☐ Monthly Bank Draft

ADDITIONAL APPLICATION REQUESTED FOR:

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OS1-B076-Ultra C/Select A Term (7-2008)



Fun with billfish

Artist Karen Rhodes believes billfish have lives, too, and she has developed a humorous, eclectic line of art and products toward that end. Her Fun Billfish Art Boutique in Hatteras Village features a wide-ranging, colorful pallet of her fishy creations. The shop sells a variety of billfish prints, cutting boards, tumblers and tiles for the kitchen, coasters, snack jars and women and children's fish-themed apparel, including organic rompers. The boutique, located in the Stowe on Twelve Shops on Highway 12, carries Rhodes' entire line, along with other artists' items, while the Web site highlights popular products. Rhodes works closely with The Billfish Foundation in developing products to be sold, to help fund research for tag and release programs and biological studies for this species. Rhodes' print prices range from an 8-by-10-inch matted print for \$14.95, 11-by-14 matted print for \$24.95, 11-by-14 framed print for \$44.95, 16-by-20 matted print for \$34.95 and 16-by-20 framed print for \$69.95.

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www.reelfishart.com

MerrieLynn's specialty treats

MerrieLynn's, based in Wadesboro and served by Pee Dee Electric, sells specialty nuts and sweets that are handmade and use no preservatives. The gourmet pecan selection includes pecans flavored with praline, bourbon, butter, chocolate, sugar and spice. The Seriously Chocolate brownies are fudgy in texture, with a pecan topping. MerrieLynn's gourmet pecans can be individually packaged and personalized as a gift or wedding favor at wedding receptions or bridal showers. MerrieLynn's uses special boxes, tins, bags, envelopes or other containers to hold favors, such as pecans, Jordan almonds, chocolates, or more individualized gifts such as lottery tickets, candles or soaps. Prices vary for wedding favors. Pecans and brownies start at \$6.95. Custom gift baskets are also available and start at \$8.



(704) 690-0715

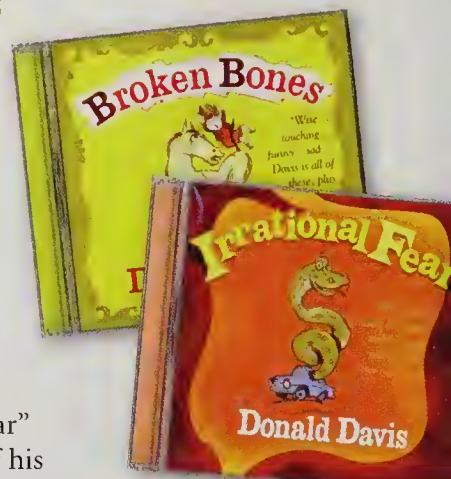
www.merrielynnns.com

New Donald Davis CDs

Acclaimed storyteller Donald Davis has several new releases out. "Broken Bones" is a double set of double stories about when Davis' mother broke her arm twice and about when Davis and his brother broke his little brother's collarbone... twice. His "Irrational Fear" CD contains the story of his mother's fear of snakes and how she got even with Davis for making fun of her. The second story on the recording is "The Red Coat," about how his father and his brothers-in-law finally stopped playing Christmas tricks. On his "Too Much Hair" CD, Davis relates three stories about trouble with little brothers, especially his. One is the story of the haircut a brother badly needed and received, and another story tells how Davis got permanently fired as his babysitter. The third discusses one of the many science projects Davis conducted using his brother as his personal chemistry set. All three CDs have at least 45 minutes of running time and cost \$14.95 each. Recorded by August House in Atlanta, Ga. Davis lives on Ocracoke Island and is a member of Tideland EMC.

(800) 284-8784

www.augusthouse.com



Educational seminars on goat meat

Meat goat production has been deemed one of the most profitable agriculture-alternative enterprises in the Mid-Atlantic region. The Mid-Atlantic Meat Goat Symposium, set for Saturday, Aug. 2, is designed to provide research-based production and marketing information for current meat goat producers and those planning to raise meat goats. The Mid-Atlantic Meat Goat Symposium will be held from 9:30 a.m. to 2 p.m. at the Randolph Farm Extension Pavilion in Petersburg, Va. Lunch and registration is free but a \$3 donation will be accepted to cover the event's cost. To register, call Rexford E. Cotton, Agriculture Extension Agent in Suffolk or your local Extension Office by July 31.

(757) 514-4330 or 514-4331 (Cotton)

www.vdacs.virginia.gov/news/pdf/goat.pdf



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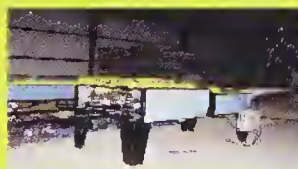
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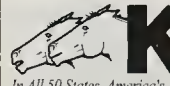
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—Fletcher Knebel

C	G	N	C	S
A	E	A	I	I
S	U	L	D	T
O	E	A	T	S
S	F	S	T	I

Starting with the L and ending with an S, move from letter to adjacent letter in any direction to spell out the four word answer.

Q Z 1	A B C 2	D E F 3
G H I 4	J K L 5	M N O 6
P R S 7	T U V 8	W X Y 9
* 0	# 0	# 0

Phone*etics

If you were to punch in the number below on your telephone key pad you would spell out three words that could be Dagwood Bumstead's motto.

Dagwood's motto?

“ _____ ”

7 6 3 2 7 6 4 6 6 3

Find the Value of

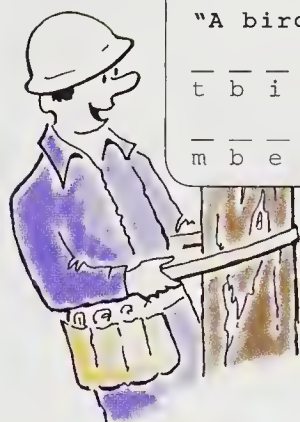
E N E R G Y
+ + + + + = 22

E F F I C I E N C Y
+ + + + + + + + + = 51

Each of the eight different letters in ENERGY EFFICIENCY has been given a different value from one through eight. For example, if R=1, Y=2, and E=3, the value of RYE would be 6. It isn't. Your challenge is to find the value of each letter, given the total value of the letters in each of the words listed to the right.

- | | | |
|---------------|-------------|-------------|
| • CRINGE (26) | • EYE (10) | • NICE (19) |
| • GREEN (20) | • FINE (24) | • RYE (12) |
| • GRIN (19) | • FERN (23) | • REEF (22) |

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My grandmother always said,
"A bird in the hand

t b i a s l u e r c l

m b e n c e r c l c



Use the capital letters below to fill in the blanks above.

" A B D E H L N O R T U W " means
unscramble it

SOUTHERN exposure.....

Pork Barreling

According to THE WEEK magazine, the term pork barrel goes back to America's early days. Southern planters used to set out barrels of salt pork for their slaves. The feeding frenzy this touched off became a metaphor for the way law-makers vie greedily for a piece of a federal contract to benefit their constituents.

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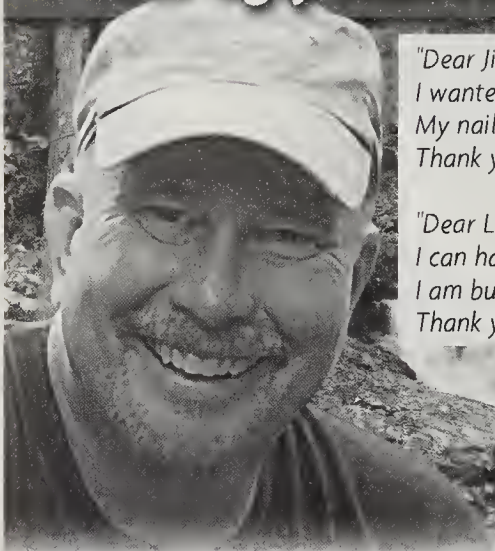
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\$150,000	\$793.81	30YR. FIXED	4.87%	5.08%
\$225,000	\$1,190.72	30YR. FIXED	4.87%	5.07%
\$300,000	\$1,406.25	30YR./10 IO	5.62%	5.80%

Samples are Fixed Rate conforming loans for 70 LTV rate/term transactions and 720 FICO scores. *Home Equity loan is interest only payment, 2nd lien at 80 LTV. All products allow principle payments at any time without penalty. All rates and terms subject to change with market conditions. Other rates, Terms and Products available. Call about Cash Out, Debt Consolidation, JUMBO Loans, Double Wides/Lan 3, Reduced Documentation, an more. Ask about our 40, 20, 15 and 10 year terms!

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July Events



The Pirates on the Pungo Regatta July 18–20 in Belhaven is an annual fundraiser for the Pungo District Hospital Foundation. Sponsored by the River Rat Yacht Club and the Belhaven Yacht Club, the event offers sailing and supporting festivities for sailors and non sailors. Proceeds benefit the hospital's work for Beaufort and Hyde counties.

ONGOING

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www.fayettevillemuseumart.org

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www.appsummer.org

American Dance Festival

Durham, Through July 20
(919) 684-6402
www.americandancefestival.org

Maesters of Disguise

Mint Museum
Charlotte, Through July 20
(704) 337-2000
www.mintmuseum.org

Appalachian Summer Festival

Boone, Through July 26
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Roanoke Island's Summer

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Roanoke Island, Through July
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Splash of Summer Color

Outdoor public sculpture program
Fayetteville, Through July
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Quilt & Glass Show

Wettersford, Through July
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Summer Arts Institute

Week-long classes for kids
Charlotte, Through August 8
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Bat Cave Preserve Hike

Hickory Nut Gorge, Through August 9
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Music on Main Street

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Through August 22
(828) 693-9708
www.historichendersonville.org

A Stitch In Time

Quilts and Needlework Pre 1960
Kings Mountain, Through August 23
(704) 739-1019
www.kingsmountainmuseum.org

Maggie Orth

Interactive textile artist exhibit
Winston-Salem, Through August 23
(336) 725-1904
www.secca.org

American Indian Pottery

Seagrove, Through August 23
(336) 873-8430
www.ncpotterycenter.com

OSS: The Office of Strategic Services

Explains the origins of the OSS
Fayetteville, Through September 1
(910) 643-2766
www.asomf.org

Our Story

Artifacts from the Albemarle Region
Elizabeth City, Through December
(252) 335-1453
www.museumofthealbemarle.com

1

Children's Performance Series

Juggling, magic & comedy
Manteo, July 1–4
(252) 475-1500
www.roanokeisland.com

AAUW Book Sale

Raising money for scholarships
Brevard, July 1–4
(828) 883-5733
www.brevardaauwnc.org

Singing in Hominny Valley

Candler, June 30 through July 5
(828) 667-8502
www.primitivequartet.com

2

"Alone Together Again"

Broadway comedy for Baby Boomers
Flat Rock, July 2–19
(828) 693-0731
www.flatrockplayhouse.org

3

Blue Ridge Chamber Players

West Jefferson
(336) 846-2787

Antique Power Show & Parade

Mocksville, July 3–4
(704) 437-2678

Firecracker Jubilee Horse Show

Williamston, July 3–4
(919) 553-7948
www.showwithus.com

4

Fourth of July Celebration

Hope Mills
(910) 424-4500
www.townofhopemills.com

Operation Celebrate Freedom

Fort Bragg
(910) 396-1024
www.fortbraggmwr.com

Fourth of July

Swansboro
(252) 354-9500
www.swansborofestival.zoomshare.com

Fine Arts & Crafts Showcase

Brevard
(828) 884-2787
www.tcarts.org

Fireworks & Music Show

Southmont
(336) 247-0416
www.hrlrr.com

Fourth of July

Demonstrations of colonial
life and live music
Joel Lane Museum House, Raleigh
(919) 833-3431

Fourth of July

Andrews
(828) 321-2135

Fourth of July

Murphy
(828) 837-6617

Harbor Nights Goes "Fourth"

Elizabeth City
(888) 936-7387
www.discoverelizabethcity.com

Fourth of July

Edenton
(252) 482-2323

Fourth of July

Washington, (252) 948-9415
www.visitwashingtonnc.com

North Carolina's First Fourth

Reading of Declaration
by costumed characters
Tryon Palace, New Bern
(800) 767-1560
www.tryonpalace.org

Rodeo Celebration

Monroe, July 4-5
(704) 882-6994

5**Independence Day Celebration**

Parade of lights on water
Kerr Lake, Henderson
(866) 438-4565
www.kerrlake-nc.com

Pan for Gold

Gold Mining History
Huntersville
(704) 875-2312
www.lattaplantation.org

Fireworks Display

Lake Lure
(828) 625-2725

Freedom Festival Craft Show

Lake Junaluska, July 5-6
(828) 648-0500
www.braca.org

8**"Sadies Spectacular Saturday"**

Caterpillar learns
about building character
The Film Theatre, Manteo, July 8-11
(252) 475-1500
www.roanokeisland.com

10**Highland Games**

Scottish dance, music and athletics
Grandfather Mountain, Linville
July 10-13
(828) 733-1333
www.gmhg.org

11**Night Stroll & VeloSport Criterium**

Bike races, music, dinner & shopping
Lexington
(336) 249-0383
www.uptownlexington.com

Gallery Crawl

Open galleries & studios
West Jefferson
(336) 846-2787

Coot Williams**Road Bluegrass Festival**

Cherryville, July 11-12
(828) 695-0009
www.catawbavalleymusicrevival.com

Festival on the Square

Street dance, arts, crafts and food
Hayesville, July 11-13
(828) 389-1401

12**Shapenote Singing**

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shape collection
Brasstown
(800) 365-5724
www.folkschool.org

Blackberry Festival

Lenoir
(828) 726-0616
www.caldwellcochamber.org

Sundowners**Variety Music Show**

Local artist—bluegrass to
Piedmont blues
Lenoir
(828) 759-0075

Fiber & Folk Art Show

Handcrafted works of art
Colfax
(336) 369-7420
www.tarheeltriad.org

Guided Hike—Tree ID

Chimney Rock Park
(800) 277-9611
www.chimneyrockpark.com

Ice Cream Social

Horne Creek Living Historical Farm
Pinnacle
(336) 325-2298

Sailboat Race

Edenton, July 12-13
(252) 482-3400
www.visitedenton.com

13**Arts Splash Concert**

Music featuring EnVision
(336) 889-2787
www.highpointarts.org

15**"The Nightingale" with the Tarradiddle Players**

Film Theatre
Manteo, July 15-18
(252) 475-1500
www.roanokeisland.com

17**Southern Zone Telephonic Shoot**

Trap Shooting
July 17-20, Bostic
(828) 287-3883
www.nctrapp.com

18**Music in the Streets**

Washington
(252) 946-2504

"Marriage of Figaro"

Fayetteville, July 18-19
(910) 483-5311

Pirates on the Pungo Regatta

Belhaven, July 18-20
(252) 964-3442

19**Cruise-In**

Car show and oldies music
Lenoir
(828) 726-0323
www.lenoircruisers.com

Pan for Gold

Huntersville
(704) 875-2312
www.lattaplantation.org

20**Summer Breeze Concert**

Bluegrass
Newbold-White House, Hertford
(252) 426-7567
www.newboldwhitehouse.org

Arts Splash Concert

The Carter Brothers Band
High Point
(336) 889-2787
www.highpointarts.org

22**Wild West Show**

Chris McDaniel—singing,
magic and rope tricks
Manteo, July 22-25
(252) 475-1500
www.roanokeisland.com

23**"All Shook Up"**

A little Shakespeare,
a whole lot of Elvis
Flat Rock, July 23-Aug. 17
(828) 693-0731
www.flatrockplayhouse.org

24**Crank-Up**

Antique engines, wood lathe, corn
meal grinding, tractors parade
Deep Gap, July 24-26
(828) 264-4977
www.oldengine.org/members/carolina

Master Piano**Technicians Convention**

Boone, July 24-27
(828) 964-7657

25**Red Hot Jubilee**

Comedy, piano and more
West Jefferson
(336) 846-2787

Yadkin Valley Ranch Rodeo

Hamptonville, July 25-26
(704) 746-7815
www.jasonrobertsrodeo.com

Truck Show

Antique trucks, pickups & tractors
Troutman, July 25-26
(828) 397-4945
www.bradsclassictrucks.com

Tarpon Tournament

Whittaker Pointe Marina
Oriental, July 25-27
(252) 249-1443
www.orientalrotary.org

26**140th Birthday Block Party**

Music, dancing, food, games,
antique cars, tractors
Brevard
(828) 884-4080

Sundowners**Variety Music Show**

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www.historicflatrockinc.org

Christmas in July

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Kernersville
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Summertime Blues**Dressage Horse Show**

Williamston, July 26-27
(703) 777-4846
www.ncdcta.org

27**Tim Ray on Piano**

Manteo, (252) 475-1500
www.roanokeisland.com

Arts Splash Concert

Bluegrass Music
High Point Museum, High Point
(336) 889-2787
www.highpointarts.org

29**"The Red Planet"**

Presented by Open Dream Ensemble
Film Theatre, Manteo, July 29-Aug. 1
(252) 475-1500
www.roanokeisland.com

30**Watermelon Festival**

Murfreesboro, July 30-Aug. 2
(252) 398-5922
www.murfreesboronc.org

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For Oct.: Aug. 24

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CAROLINA COUNTRY adventures



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Beach hosts Oak Island Lighthouse, which beams the brightest light of its kind in the U.S. Sightseers can ogle spectacular homes at Holden Beach and museum exhibits on Ocean Isle. Oak Island offers a skate park, boat ramps and numerous public beach accesses. Go mainland to see Bolivia, the county seat, population roughly 168. Shallotte offers major grocery stores, department stores, chain restaurants and a 10-screen movie theater. Growing Leland has an active commercial district, relatively new golf communities and nearly 20,000 residents. Boiling Spring Lakes boasts fresh-water fishing, swimming and boating at natural and manmade waters. In Belville, you can access scenic Brunswick River at the public park on Highway 133.

Three top spots:

Calabash: Also known as The Seafood Capital of the World, this river town sprouted from a mid-1930s oyster roast in a shed. Today it's a beloved destination for fresh catch, crafts and art galleries. www.coastalnc.com/calabash

Southport: This fishing village has a colorful maritime history, antique shops, waterfront restaurants and Victorian homes. Strolling, you see settings recalled from movies and television shows such as "Dawson's Creek." A self-guided walking tour map is at the Visitors Center. (800) 388-9635 or www.cityofsouthport.com

Orton Plantation Gardens: Located near Southport, Orton's pathways show off ponds, formal annual and perennial beds, crape myrtle, camelias and more. (910) 371-6851 or www.ortongardens.com

Learn of other nearby
adventures and events:

(800) 426-6644
www.brunswickcountychamber.org

Close down that laptop and roll out your bike. You have arrived in a place spelled R-E-L-A-X. South Brunswick's barrier islands still have little commercial development and loads of old-time charm. Some of the best nightlife here can mean staying up late to watch tiny turtles hatch or spying on muskrats. Folks tootle around on golf carts at Bald Head Island, accessible only by powerboat or a pedestrian ferry. Sunset Beach has Ingram Planetarium and North Carolina's only floating bridge still in operation across the Intracoastal Waterway. Caswell



Calabash is a river town famous for its fresh seafood platters.

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Putting the string back in string beans

Most people today call them green beans. Some call them snap beans. But it's uncommon to hear anyone refer to them as string beans anymore. That's because the pesky strings have been bred out in commercial varieties. But so have the flavor and tenderness, says Bill Best. Best collects, grows and sells the seeds of nearly 400 varieties of old-fashioned beans, and he is particularly fond of the type that mountain folk call greasy beans. Greasy beans lack the fuzzy texture on the outside of the pod, and instead have a smooth surface that indeed appears greasy.

Unlike commercial green beans, in which seeds are almost nonexistent at harvest time, greasies aren't picked until the seed is fully formed inside the pod. The pods are still tender, and the cook snaps them, not shells them, after first removing the tough strings. Best says the flavor of the beans and pods, which some describe as buttery, is beyond compare.

Greasy beans appear to have originated in central Appalachia, and are often called "family beans." Because beans mutate fairly readily, families would save the seeds of their own unique varieties, year after year. Best, who grew up in the wilds of North Carolina's Haywood County, still grows and sells his aunt's 150-year-old bean variety at farmer's markets in his current home in Kentucky.

There's still plenty of time to plant greasies (which are climbing varieties, or pole beans, that must be grown on trellises or teepees). These beans bear in 50 to 70 days, depending on variety. Best will fill mail orders as long as his 2008 seed inventory lasts. Beans are \$6 per package (~100 seeds), which includes handling and shipping. At press time, Best still had North Carolina natives in stock, including the Small Lazy Wife Greasy from Madison County, the Grady Bailly Greasy from Polk County, and the North Carolina Speckled Long Greasy Cut-Short. You can view the catalog at www.heirlooms.org. Or contact Best via bill_best@heirlooms.org, Sustainable Mountain Agriculture Center, 1033 Pilot Knob Cemetery Road, Berea, KY 40403 or (859) 986-3204.

Hort Shorts

- ▶ To reduce the risk of introducing weed seeds, be sure animal manure is fully composted before adding it to the garden. Also, don't put fresh manure directly into vegetable gardens.
- ▶ Put that forgotten Christmas cactus (in its pot) outside for the summer in a shady location, and give it limited water. Bring it indoors just before the first frost. By this time, the cactus will usually have already set buds for your indoor holiday blooms.



Pink Tip Greasy Beans originated in the Bethel area of Haywood County.

Bashful or boorish?

Some plants are perfect little angels who only want to please you. Others are such aggressive brats it seems the only way to end the misery is to pack up and move. The latter usually get their bad reputations for a good reason. However, gardeners may have totally opposite experiences with the same plant, which makes sense when you recognize there are variations in exposure, drainage and soil characteristics even within our own gardens.

Consider these guidelines when choosing and introducing new plants:

- ▶ Before planting something new to you, do a bit of research to learn its typical growth rate and how it multiplies.
- ▶ Listen to fellow gardeners and weigh their experiences. If a plant gets negative reviews, you may not need to rule it out absolutely. A plant that spreads by runners and produces little seed, for example, might remain manageable in a pot or within a barrier.
- ▶ You may be able to control a slightly pushy plant by pruning or by pulling suckers or runners to keep it neat and orderly.
- ▶ Don't assume that if a certain species is native, it can't be as thuggish as a non-native invasive species in a garden setting.
- ▶ Some non-native invasives can not only take over your garden but also nearby natural areas. Purple loosestrife, for example, chokes and overtakes wetlands and is so noxious that its sale is prohibited in some areas. A mature specimen may have as many as 30 flowering stems capable of producing 3 million tiny seeds per year, according to the National Park Service. For a list of problem invasives in our area, visit www.invasive.org/eastern. 📍



Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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All about window air conditioners

At times, it makes sense to use a single window air conditioner instead of a central air conditioner or heat pump. For example, if you are home alone there is no need to keep the entire house cool when you will stay primarily in just one room. Even though a window unit is not as efficient as a central one, using it instead of the central one saves electricity overall.

During mildly hot weather, running a window unit may adequately cool much of the house because the total cooling needs are low. If you are not trying to “zone cool” just that one room, keep the doors to that room fully opened to the rest of the house. Running a ceiling fan there with the window air conditioner will help move the cool air and distribute it somewhat better to adjacent rooms.

Switching the central heating/cooling system blower fan to a continuous “on” setting for a short period can help distribute the cool air, but unless you have a variable-speed ECM (electronically commutated motor), this also adds heat to the air. A variable-speed ECM blower motor is more energy efficient at a low continuous air circulation speed, so it is more effective for longer use. This will also allow a central air cleaner system to better clean air allergens.

If you also need some spot heating during the winter, install a heat pump model instead of just a cool-only model. I use a heat pump model, which vents through the window in my home office. In this case during winter, it makes more sense to run the central furnace blower longer because the heat the motor creates actually helps heat the entire house.

The efficiency of window air conditioners and heat pumps is called EER (energy efficiency ratio). Some window air conditioners have an EER as high as 12. The cooling efficiency of central air conditioner and heat pump systems are rated by SEER (seasonal energy efficiency ratio), a somewhat similar rating to EER. Central air conditioners and heat pumps have SEERs as high as 20. If you plan to continually cool your entire house it is best to operate the central system, rather than using many window units.

When selecting your window air conditioner, sizing it properly is important. The size of a window air conditioner or heat pump is rated by its output in Btu/h (Btu per hour). If a window model is too small for the area, it will run almost constantly and not be able to adequately cool the room on the warmest days. The constant sound can become annoying, and it may wear out prematurely.



A quiet window air conditioner allows you to work near it and to adjust the louvers so there is no direct cold draft.

If the window air conditioner is too large and you live in a humid climate, it may not have to run a long time to cool the room so the air is not adequately dehumidified. This creates a cool muggy feeling similar to a damp moldy basement. Most retail outlets have charts with recommended cooling capacities for various room sizes. Factor the capacity up a bit if your room has many windows or faces the sun.

The features you select should depend upon your budget and how you plan to use the window air conditioner. Select the highest efficiency model with perhaps fewer features even if it costs a little more initially. Increasing the EER from 8.5 to 9.5 can save as much as \$750 over 10 years in southern climates.

If you plan to use the window model in a bedroom at night, quiet operation is important. A model with a soft-start motor reduces the sound each time it cycles on. A nighttime setting feature on some models operates the air conditioner on a slower, continuous, quieter mode.

For the most electricity savings, select a model with an option so the blower cycles on and off with the compressor. These blowers can also be set to run continuously. Ⓢ

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer window air conditioners:

Fedders (908) 604-8686
www.fedders.com

Friedrich (800) 541-6645
www.friedrich.com

Frigidaire (800) 374-4432
www.frigidaire.com

General Electric (800) 626-2005
www.geappliances.com

Whirlpool (800) 253-1301
www.whirlpool.com

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EMERALD ISLE—SummerWinds Resort—4 rm, oceanfront, furnished, weekly rentals. Call 4-282-9350 after 6pm. www.swartzproperties.com

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ANTIC BEACH, NC, 2BR/2BA, sleeps 4. \$75/nightly. 816-931-3366.

RTLE BEACH, OCEAN LAKES CAMPGROUND—2BR, use, all amenities. \$800/week., 336-956-4405.

TTAGE GET-A-WAY in NC foothills—sleeps 4, pets allowed, no smoking. Call 336-351-3286 or www.horseshoefarmcottage.com

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Garden Tuna Macaroni Salad

- 2 cups uncooked elbow macaroni
- 1 can (6 ounces) light water-packed tuna, drained and flaked
- $\frac{2}{3}$ cup chopped sweet yellow pepper
- $\frac{2}{3}$ cup chopped celery
- $\frac{1}{2}$ cup shredded carrot
- $\frac{1}{4}$ cup diced radishes
- 2 green onions, chopped
- 2 tablespoons minced fresh parsley
- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{2}$ cup ranch salad dressing
- $\frac{1}{4}$ cup Parmesan cheese
- 2 teaspoons coarsely ground pepper

Cook macaroni according to package directions. Meanwhile, in a large bowl, combine the tuna, vegetables and parsley. Drain macaroni and rinse in cold water; add to tuna mixture.

In a small bowl, combine the mayonnaise, ranch dressing, Parmesan cheese and pepper. Pour over salad and toss to coat. Serve immediately or refrigerate.

Yield: 6 servings



Winning reader recipe

Favorite Slaw

- 4 cups chopped or shredded cabbage
- $\frac{1}{2}$ cup chopped green onions
- $\frac{1}{2}$ cup slivered almonds
- $\frac{1}{2}$ cup sunflower seed kernels
- 1 package chicken-flavored Oodles of Noodles (reserve seasoning packet)

Dressing:

- 2 tablespoons white vinegar
- 2 tablespoons sugar
- $\frac{1}{4}$ cup oil
- Noodle seasoning packet
- Dash of pepper

Mix cabbage and onion together; chill. Prepare dressing ingredients and let stand. Just before serving, toss cabbage/onion mixture and dressing together. Top with sunflower seeds, crushed noodles and slivered almonds. (I like to mix part of noodles and sunflower seeds in with cabbage and onion mixture, then put the rest on top. I also like to put the dressing mixture in a pint jar and shake often until ready to use.) Enjoy!

Ruby Campbell of Four County EMC

in Council will receive

\$25 for submitting this recipe.

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Taco-Flavored Chicken Wings

- 1 envelope taco seasoning
- 3 tablespoons vegetable oil
- 2 tablespoons red wine vinegar
- 2 teaspoons hot pepper sauce, divided
- 4 pounds fresh or frozen chicken wingettes, thawed
- 1 cup ranch salad dressing

In a large resealable plastic bag, combine the taco seasoning, oil, vinegar and 1 teaspoon hot pepper sauce; add chicken. Seal bag and turn to coat.

Grill chicken, covered, over medium heat for 5 minutes. Grill 10–15 minutes longer or until juices run clear, turning occasionally.

In a small bowl, combine ranch dressing and remaining hot pepper sauce. Serve with chicken.

Yield: about 2½ dozen



Frosty Key Lime Pie

- 1 can (14 ounces) sweetened condensed milk
- 6 tablespoons key lime juice
- 2 cups heavy whipping cream, whipped, divided
- 1 graham cracker crust (9 inches)

In a large bowl, combine milk and lime juice. Refrigerate $\frac{1}{4}$ cup whipped cream for garnish. Fold a fourth of the remaining whipped cream into lime mixture; fold in remaining whipped cream. Spoon into crust. Cover and freeze overnight.

Remove the pie from the freezer 10–15 minutes before serving. Garnish with the reserved whipped cream.

Yield: 6–8 servings

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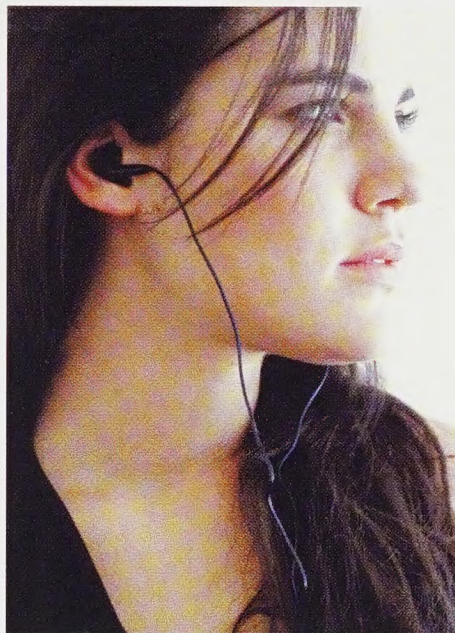
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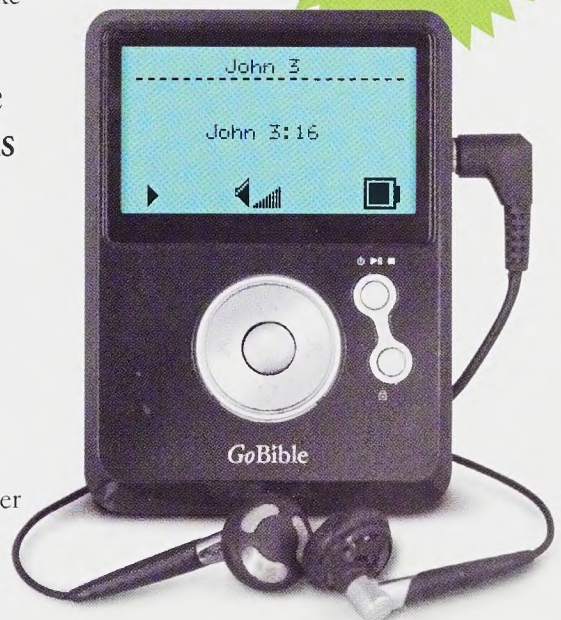
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5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply